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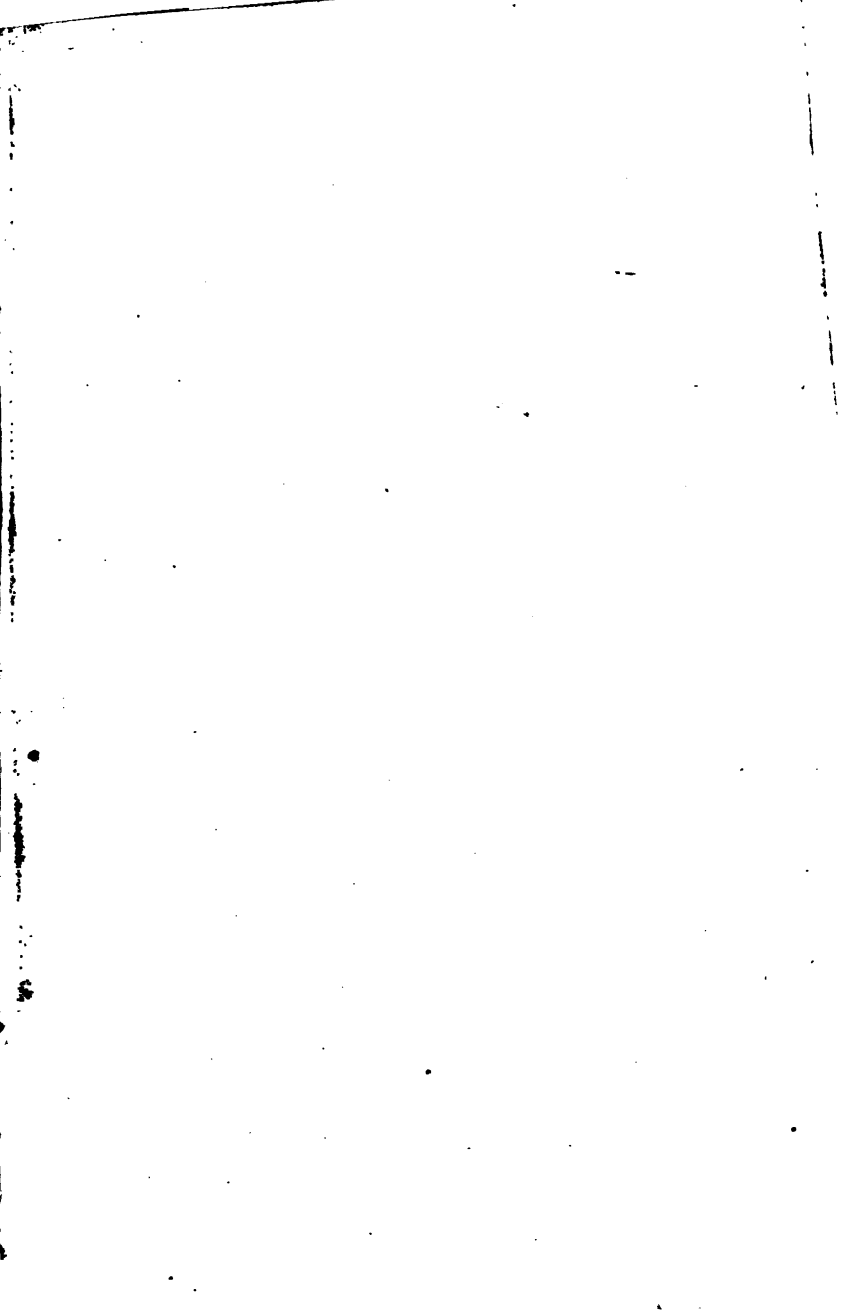
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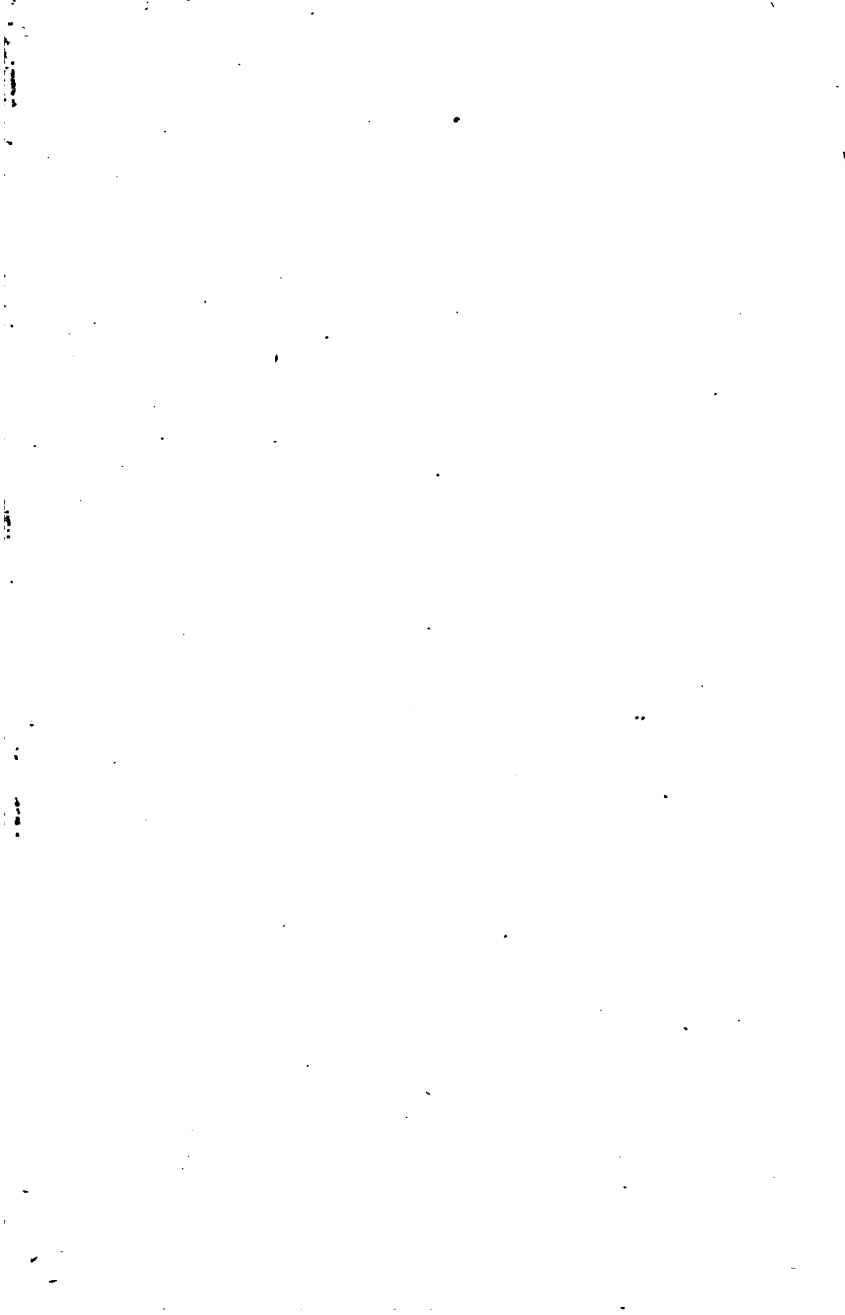
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THE BEQUEST OF
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(CLASS OF 1882)
OF NEW YORK

1918











Respectfully Yours
S. S. Litch

November 1941





Yours very truly,
Samuel L. Fitch Jr. M.D.



FAMILY PHYSICIAN:

TEACHING

How to Prevent and Cure Disease, and
Prolong Life and Health to One
Hundred Years.

BY DR. S. S. FITCH,

Author of "Six Lectures on the Causes, Prevention and Cure
of Consumption;" "On the Laws of Life and the Mode
of Preserving Male and Female Health to One Hund-
red Years;" "Health, Its Aids and Hindrances,"
etc., etc.

NEW YORK:

DRS. S. S. FITCH & SON,
714 Broadway.

1876.

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FROM
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PREFACE.

In presenting this new and revised edition of my Family Physician to the public, I feel confident that it will supply a want long felt, and enable many persons to restore and retain good health, who otherwise would suffer from diseases which are perfectly curable. When I first commenced the practice of medicine, I was deeply impressed with the fact that many persons whom the doctors called incurable were perfectly curable, and especially those afflicted with Consumption and Heart Disease. At that time, thirty-five years ago, thousands annually died from the mistaken idea that there was no use whatever, in their attempting to do anything to relieve themselves. When a doctor (?) in those days said to a man,—“You have Consumption, and there is no hope for you,” that man settled up his worldly affairs and prepared to meet his fate as calmly as possible, perfectly satisfied that the doctor knew what he was talking about, and that Consumption meant death.

After carefully investigating the subject, I prepared my “Six Lectures on Consumption,” in which I thoroughly explained the causes and symptoms of the disease and laid down rules for its prevention and cure.

These lectures I delivered before large audiences in many cities of the Union, and afterwards published them in book form.

My efforts and myself were at first derided because I claimed to do something which nearly all other physicians

declared to be impossible, but I proved so clearly and forcibly to all that Consumption could be cured, and that I had cured it, that I was invited hundreds of miles to deliver my lectures, and soon had more than I could do in attending to patients, with whose cases I was successful beyond my utmost expectations. The diseases treated of in this little book can all be cured if the patient will only take the medicines prescribed and carefully follow the directions given. I have introduced a number of letters to prove that what I say in regard to the curability of these diseases is strictly true, and the parties whose names appear can be referred to at any time.

Thanking the public for the confidence it has so far placed in me, I remain,

Yours truly,

S. S. FITCH, A. M., M. D.,

714 Broadway, New York.

THIS BOOK

Dr. S. S. FITCH'S FAMILY PHYSICIAN,

SENT TO ANY ADDRESS BY MAIL.

PRICE TEN CENTS.

NEW YORK, March 30th, 1876.

Since May, 1868, we have sent out nearly ninety thousand copies of our "FAMILY PHYSICIAN," free of charge. The orders are now coming in so rapidly that we are forced to charge the nominal price of ten cents per copy, to cover the cost of postage and wrapping. This Book is handsomely gotten up, and well worth perusal by all who take an interest in good health. We are now preparing a new edition of this work, handsomely bound in cloth, with illustrations, and portraits of Dr. Samuel Sheldon Fitch, Sr., and Dr. Samuel Sheldon Fitch, Jr., fine paper, increased reading matter, and more standard Receipts. Send in your orders at once, enclosing thirty-five cents, and the Book will be mailed to you.

We remain, yours truly,

Drs. S. S. Fitch & Son, 714 Broadway, New York

IMPORTANT TO THE SICK.

CONSULTATION FREE.

DR. S. S. FITCH makes no charge for consultation or advice, whether personally or by letter. His office is at

714 BROADWAY, NEW YORK.

For the benefit of those who cannot visit him, he has so arranged his practice and prepared his remedies that he can treat them successfully and satisfactorily at a distance, although he prefers that the patient should give him the opportunity of a personal examination, whenever it is practicable, by calling at his office. But, when this cannot be done conveniently, invalids may write a full statement of their case, answering the questions given on fourth page of this book, and stating all facts necessary for a full understanding of their symptoms and condition, with whatever request they have to make, and mail it to DR. SAMUEL S. FITCH, at his office in New York. A candid opinion in regard to the case will be promptly returned. Remedies may be sent by express to all parts of the country, and the treatment conducted by letter. His treatment conducted upon this plan, has been attended with the most gratifying results, and its benefits have been extended to thousands who could not leave their distant homes, and must, therefore, if they had been required to do so, have failed of relief. The remedies he employs are carefully prepared under his own hand.

His charges are moderate; and those in poor circumstances, who want his assistance, should not hesitate to apply to him because they may fear that their means will not allow them to procure his remedies and counsel. All such persons will find him considerate and liberal.

DR. S. S. FITCH'S PULMONARY EXPECTORANT,

FOR THE CURE OF

Colds, Coughs, Hoarseness, Asthmatic and Consumptive Troubles, etc.

A Quick and Certain Family Remedy. Price \$1.00 a Bottle.

SOLD BY ALL DRUGGISTS.

QUESTIONS TO INVALIDS.

Those applying to Dr. SAMUEL S. FITCH for consultation or advice will please write to him a full statement of their condition and symptoms. The following questions will aid them in doing so. They may answer all of them which relate to their own cases, and add any facts or circumstances not embraced in them, which they may consider important. Please write as short a letter as possible, and with ink, in a clear handwriting.

Give full name, age, residence and occupation? Family consumptive, or what complaints subject to? Where born and brought up? Married or single? Strong or delicate? Lean or fleshy? Straight or stooping, or deformed? Height, and size around the chest on a line with the arm pits? Size around the waist, two inches above the hips? Color of hair, eyes and complexion? What do you suppose your present ill health to be caused by? Have you consumption, asthma, bronchitis, catarrh, sore throat, swelled or ulcerated tonsils, heat or dryness or pain in throat, weakness or loss of voice, or hoarseness? Have you any cough? If so, how long have you had it? Is it a hard or loose cough? At what time, how much and what do you spit up? Does your chest expand freely all over? Have you ever raised blood? If so, when and how much? Was it frothy or clear blood? Any night-sweats, chills or daily fever? Have you pain anywhere? Do you have any heart trouble accompanied by palpitation, pain in left breast, intermission or stoppage of pulse, beating in stomach, difficulty in going up stairs, starting in sleep, numbness and pain in left arm or shoulder, etc.? Have you any dyspepsia, shown by distress after eating, pain in stomach, sour stomach, spitting of food, wind on stomach, heartburn, vomiting, etc.? Appetite good or bad? Are your bowels regular, or are you troubled with costiveness or diarrhoea? Have you rheumatism, liver or kidney complaint, chronic diarrhoea, colic, worms, bloating of bowels, piles, fistula or rupture, etc.? Any nervous fits, loss of sleep, or bad dreams? What are your circumstances? Have you had any bad fits of sickness, or taken much medicine? Are you

confined to the bed or house, or do you go out daily? If a lady—are your natural periods easy or painful, regular or irregular, or stopped? Married or single, or a widow? Any sick or nervous headache, or headache accompanied by fainting or delirium? Any bearing down or female complaints, weak back, pain in back or limbs, etc.? Ever had hysterics? How many children have you had? Ever suffered miscarriage or flooding? Any falling or displacement of the womb, etc.? Address,

DR. SAMUEL S. FITCH,

714 Broadway, New York.

SIX LECTURES ON CONSUMPTION,

BY

DR. SAMUEL S. FITCH,

354 Pages, 24 Engravings,

PRICE 50 CENTS, POSTAGE PAID.

Our former price for this book was one dollar, but wishing to put it within the reach of every one, we now offer it at 50 cents, which including postage is exactly what it costs us. The book is handsomely bound in muslin.

One hundred thousand copies of this most valuable work have been sold since its first appearance in 1847, and no other domestic medical work has received so many recommendations from the press and public.

LECTURE FIRST—On the Uses of the Lungs and Causes of Consumption.

LECTURE SECOND.—On the Prevention and Cure of Consumption.

LECTURE THIRD.—Proofs of the Curability of Consumption.

LECTURE FOURTH.—Rules for the preservation of Health.

LECTURE FIFTH.—On Female Complaints and their proper Treatment.

LECTURE SIXTH.—Rules for Exercise, Diet, Bathing, etc.

DIET TABLE.

Showing the time required to digest certain articles of Food.

ARTICLES.	PREPARATION.	TIME.	
		Hours.	Min.
Beef, fresh	Roasted	3	30
“ “	Fried	4
“ salted	Boiled	4	15
Veal, fresh	Fried	4	30
“ “	Broiled	4
Liver, Beefs, fresh	Broiled	2
Mutton, fresh	Broiled or Boiled	3
Lamb, fresh	Broiled	2	30
Pork, fat and lean	Roasted	5	15
“ recently salted	Boiled	4	30
Venison Steak	Broiled	1	35
Tripe, soured	Boiled	1
Fowls, Domestic	Boiled or Roasted	4
Chicken	Fricassee	2	45
Ducks, wild	Roasted	4	30
Cod Fish, cured, dry	Boiled	2
Salmon, Trout, fresh	Boiled or Fried	1	30
Oysters, fresh	Raw	2	55
“ “	Stewed	3	30
Striped Bass, fresh	Broiled	3
Eggs	Raw	2
“	Soft Boiled	3
“	Hard, Boiled or Fried	3	30
Rice	Boiled	1
Potatoes, Irish	“	3	30
“ “	Baked	2	30
Beans	Boiled	2	30
Sago	“	1	45
Corn	“	3	45
Corn Bread	Baked	3	15
Wheat Bread	“	3	30
Milk	Boiled	2
“	Raw	2	15
Apples, sweet	“	1	30
“ sour	“	2

FAMILY PHYSICIAN.

BY S. S. FITCH, M. D.

As light to one in darkness ; as sunshine through the storm ; as fire to the freezing ; as food to the starving ; as wealth to the poor ; so is health to the sick.

He, who by medical knowledge, medical experience ; or medical remedies, can cure the sick, becomes a benefactor of his race, and deserves the rewards, the honors, and the gratitude of mankind.

If such exist, it is of the first importance that the sick, and the friends of the sick, should know where to obtain relief, and on whom they may and can truthfully bestow their confidence. It is everything to the invalid to know that he can be cured, and who or what can cure him.

My father and grandfather, and myself, have practiced medicine one hundred and twenty years, unbroken. I have been consulted during the last twenty years by about 100,000 persons, suffering from every variety of human malady.

I here most solemnly record my belief that there are no diseases incurable in themselves, but their final fatality is owing to ignorance of remedies which do actually exist, and which would cure the sick if seasonably employed. A disease wholly incurable by one physician is often perfectly curable by another. The sick should never despair of help, but keep seeking and trying remedies until they find relief. They should also know that old chronic diseases usually require some considerable time for a permanent cure.

In the course of a long practice I never lost but one patient, when I was the first physician called.

I will enumerate some of the diseases which I especially treat, and treat successfully.

Diseases and Affections of the Head, and Spine.

Sick, Nervous, Neuralgic, or Catarrhal Headache. Rush of blood to the head. Congestion of the brain. Dropsy on the brain. Confusion of ideas. Loss of memory. Sudden blindness of one or both eyes. Noises in the head. Weakness of brain power. Sudden loss of hearing. Epileptic fits, etc.

Diseases of the Lungs, and Air passages.

Consumption, Asthma, Bronchitis, Catarrh, Acute and Chronic Sore Throat. Diphtheria. Ulcerated Tonsils and Throat. Hoarseness. Weakness or loss of voice. Pleurisy. Contraction of the Chest, etc.

Diseases of the Heart.

Enlargement of the heart. Valvular diseases. Thickening of the heart. Water around the heart. Rheumatism of the heart. Irregular action of the heart. Stoppage, Fluttering, Palpitation, Throbbing, Spasms. Pain in the heart, etc.

Diseases of the Stomach.

Dyspepsia. Indigestion. Sour stomach. Wind on stomach. Throbbing pain in the stomach. Distress after eating. Bilious stomach. Chronic vomiting of food and sick stomach. Loss of appetite. Weak, ulcerated or cancerous stomach. Spasms and cramps in the stomach, etc.

Diseases of the Liver.

Jaundice. Enlargement of the liver. Tuberculated, obstructed, or ulcerated liver. Torpid liver. Gall stones in gall bladder, Increased or diminished action of the liver, etc.

Diseases of the Bowels.

Costiveness. Chronic diarrhoea. Dysentery. Summer complaint of children. Weakness of the bowels. Falling of the bowels. Stoppage of the bowels. Inflammation, heat, soreness, pain and lameness of the bowels. Flatulence, colic, colicky pain in bowels. Enlarged and protuberant abdomen. Ruptures, etc.

Diseases of the Kidneys, and Bladder.

Gravel. Diabetes. Bright's disease. Catarrh of the bladder. Stoppage of, or incontinence of urine. Too much, too little, or too frequent discharge of urine. Red or white sediment in the urine. Pain in passing urine, etc.

Female Complaints.

Irregularity. Falling or displacement of the Womb. Disease of the ovaries. Leucorrhoea or Whites. Painful, scanty, or profuse menstruation. Pain in back and sides. All gone feeling. Chronic inflammation and enlargement of the Womb. Sterility, etc.

Diseases of the Blood.

Shown by various eruptions on the skin, such as Pimples, Blotches, Boils, etc. Shingles, Tetter, Salt-rheum, etc.

Neuralgia and Rheumatism, Acute and Chronic. Swelling and stiffness of the joints. Scrofulous affections. Paralysis, etc.

I have given above a partial list of diseases that I treat, and in nearly all cases successfully treat, and cure. Of course there is no disease but what may, under some circumstances, from neglect or very long continuance, or peculiar malignity, so prostrate the system as to place it beyond the reach of any remedies; but, excepting these peculiar cases, I cure nearly every case of sickness or disease that is ever put under my care.

Some cases require much longer doctoring than others; some are liable to return, and require watching and remedies until all traces of the disease and liability to it are wholly eradicated from the system, which will always be the case where proper remedies are used for a sufficient length of time, and where proper preventions are employed and proper precautions taken.

It should never be forgotten that a disease may be wholly cured, and the patient, by placing himself under the influence of the same causes that diseased him at first, may bring on the disease a second time or more, which would never have been the case if former causes had been avoided since his first cure was completed.

Pulmonary Consumption.

The symptoms of consumption are a cough, pain in the chest, loss of flesh and strength, fever and night sweats, and the spitting of matter which comes from the lungs. Anything which causes a weakened state of the system will predispose the person to consumption, such as long and exhausting fevers, undue exercise of the mind or body, immoderate drinking, late hours, sexual excess, working at any trade where fine dust or irritating vapor is constantly passing into the lungs, exposure to cold, impurity of the blood, and a peculiar state of the system present in persons some member of whose own family has already died of consumption.

Consumption commences with a short, dry cough, which is neglected until it becomes constant, and a little frothy spittle is raised apparently from the throat; the breathing is shorter than natural, and any exercise quickens it. There is a feeling of pressure about the chest, as if the patient could not take a long breath, he commences to become thin, pale, languid, easily fatigued, and complains of low spirits and loss of appetite. The patient is now said to be in the first stage of consumption, and remains in this state for a longer or shorter time. Usually, at this stage of the case, very little is done, the patient thinking that when warm weather comes on, or when his work, or study, or superintendence of some business is concluded, that a few weeks rest and care will set him all right again; but in the meantime he takes a fresh cold, and the cough, which was at first only disagreeable, now becomes very severe and troublesome, preventing sleep at night and producing a copious spitting of light matter in the morning. The matter spit up soon becomes thicker and of a yellowish or greenish appearance, sometimes tinged or streaked with blood, soft, cheesy matter (tubercles,) is also coughed up, night-sweats appear and bleeding from the lungs commences. The second stage of consumption, as above described, soon gives place to the third and last stage. In the third stage of the disease all the symptoms are aggravated and new ones appear. The patient has probably lost one-quarter of his original weight, appetite gone, sleep

broken, daily fever, night sweats more frequently, matter spit up in larger quantities, shrinking of one or both sides of the chest, all the functions, except that of the brain, disordered, the breathing very labored, a wasting diarrhoea sets in, the ankles swell, and the patient soon dies exhausted.

Now, I most distinctly and persistently desire to say that
CONSUMPTION IS PERFECTLY CURABLE
even in some of those cases where it appears the greatest folly to expect a cure, and the few letters which I publish in this book are from persons now living who were cured by my treatment when apparently all hope was gone, and after the patients had been given up by the doctors attending them.

Treatment of Consumption.

The treatment in this disease is very simple and easily followed. The patient must fully and freely expand the lungs by taking as often as he thinks of it, long, full, deep breaths, so as to completely fill the lungs with air, and, retaining the air in the lungs for a moment, allow it to leave the chest very slowly.

By this constant effort the muscles of the chest grow stronger, the chest itself becomes larger, the lungs increase in size, and more air being drawn into them the blood is more quickly and thoroughly purified, and satisfactory results are sooner obtained.

Whenever the lungs are sore or tender, and when bleeding has occurred, care must be taken in first attempting this effort, but, persistently and cautiously done, great benefit is derived in a comparatively short time.

Great care should be exercised to prevent taking cold, and in order to do this the patient should wear warm flannels next the skin, and cover the feet with thick woolen stockings, avoiding drafts of air and sudden changes of temperature.

The food eaten should be light and nutritious, and daily exercise of some kind must be resorted to, in the open air especially, when the weather permits.

The chest should be kept irritated with some stimulating ointment in order to bring to the surface the inflammation existing in the lungs, and thereby to relieve the pain and tightness.

Some good expectorant medicine should be given to loosen the cough and aid nature in throwing off the accumulated matter in the lungs.

The skin, liver, kidneys and bowels should be kept active by the appropriate remedies and by a daily sponge bath, commencing with warm water, and steadily continuing until absolutely cold water can be used. The proper tonics must also be given in order to keep up and increase the wasting strength.

If there are any who deny the curability of Consumption, the following cases ought to satisfy them to the contrary.

Case of Mrs. Abby J. Hadley.

AMSTERDAM, NEW YORK, *March 5, 1871.*

DR. S. S. FITCH,

DEAR SIR :—In December, 1862, I was taken with a cough and trouble of my lungs, especially the right lung. This increased, with fever. My expectoration became very copious ; I raised a great deal of pus. I suffered from chills, fever, and night-sweats. I lost flesh and wasted rapidly. My appetite was very poor, and my monthly nature left me entirely. The ends of my fingers became knobby, and the ends of the nails. turned inwards ; there was dark purple color under my nails. Great quantities of matter would seem to accumulate in my right lung ; finally, an ulcer opened through the chest between the fourth and fifth ribs, about four inches from the breast-bone, nearly in the centre of the front of my right chest. When I drew in my breath, the air would rush out through this opening, so that I could blow out a candle from it ; the air would make a whistling, rushing sound whenever the ulcer was uncovered. Through this opening a great quantity of pus passed out every day. I have known as much as one pint to come out at once. Most usually about half a pint would come out night and morning when the ulcer was opened. I was wholly confined to my bed, and had a bad

cough, chills, fever, night-sweats, poor appetite, &c. In this situation I lay in my bed, five months, and was reduced to a mere shadow of my former self. My face was pallid and utterly sunken. All hope of my recovery had disappeared. I had the best medical advisers the country afforded. All faces reflected on me but one look—that of hopeless pity. On the 19th day of October, 1863, I commenced taking your medicines and following your directions. Without the least shock to my system, and hardly apparent at first, I began to recover, and every symptom of my dreadful disease improved; my cough lessened, my appetite returned, I raised less, and the discharges through the ulcer became less, until, finally, all symptoms of disease disappeared. I am now very well; color has returned to my cheeks; indeed, I think my complexion is better than before I was taken sick. I have not entirely recovered my strength, but I am very well. I have no cough and no expectoration, no pain, &c. I need not say anything of your remedies, directions, &c.; the result of my case tells enough of them. I have only to thank a good God for having directed me to you, and to thank you for your most benevolent kindness.

ABBY J. HADLEY.

AUBURN, NEW YORK, *March 18, 1870.*

MY DEAR OLD AND TRIED FRIEND,
DR. S. S. FITCH:

I have never told you nor the public, of how many obligations I am under to you for having saved my wife from premature death by Consumption.

Some twenty four years since, at the quiet village of Ballston Spa, where we then resided, my wife was drooping, and my family physician Dr. L. Moore, and also Dr. E. St. John, on examination of her case, informed me that she had the *Consumption* so firmly seated that no human power could save her, and both the doctors announced to me that she *could not possibly live four months*. She was then confined to her bed.

At this time legal business required my presence at Albany for two or three days, and one evening during my stay I chanced to get hold of a pamphlet entitled "Dr. S. S. Fitch's

Six lectures on the use of the Lungs." I brought the book home, read it diligently, and applied the remedy therein described as nearly in every particular as possible; and after using the shoulder brace, and abdominal supporter for a few weeks my wife was able to ride to New York;—and you will recollect how pale and emaciated she appeared when she first came with me to your house, then 707 Broadway, where the seed was planted for her entire restoration;—and I have to say that her general health is as good now as ever it was.

Yours truly,

A. MEEKER, Esq.

NEW PROVIDENCE, N. J., November 24, 1870.

DR. FITCH,

DEAR SIR :—Two years ago last July I called to consult you, having had a slight cough for a year. I was then and had been for some years previous, organist of the Sixth M. E. Church of South Brooklyn, and going there the first Sunday of February, before I consulted you, I caught a severe cold, which resulted in congestion of lungs and brain, tubercles then formed on left lung, and our family physician pronounced the case *Consumption*, and told my husband he *could do no more for me*, and that I should probably *die* the next fall or winter.

Through the advice of a friend I was persuaded to come to you, although so weak that I feared any change of treatment would only hasten my death!

On examination, you said you could cure me, and after taking your medicines and following advice carefully, for about six weeks, I felt better. You then advised change of air, and my husband sold his property in Seventeenth Street, South Brooklyn, and bought a farm near New Providence, where we now reside, myself enjoying *good health* for about a year and a half, with the exception of slight colds through my own imprudence.

I now beg your acceptance of accompanying present, and sincerely hope you may long be spared to benefit others, who, like me, but for your skill and God's blessing, would be the prey of that fell destroyer, *Consumption*.

I had forgotten to tell you consumption is hereditary in our family, my father and most of his family, and my grandmother, and uncles and aunts on mother's side having died of it.

I shall have much pleasure in answering any whom you may think proper to refer to me, and remain

Your grateful servant.

MRS. LOUISA MARIA WESTON.

HOLMESVILLE, APPLING Co., GA., *July 26, 1870.*

DR. S. S. FITCH,

DEAR SIR:— * * * * * Some twenty years ago, at the age of eighteen, I was compelled to leave school, *to save my life*, as it was thought by all my friends that I was in a confirmed consumption, I being much emaciated and very feeble, coughing incessantly, and just able to go about.

Every hope seemed cut off, when, from home, I accidentally saw your book on the diseases of the lungs; and succeeded in obtaining the use of it for some three hours, spent in devouring its contents. Thence forward I practiced your treatment, and lo ! I live ! *with sound lungs* ! and have been a very active minister of the Gospel for nearly fourteen years, preaching in the open air, in field and forest, and military camps without injury.

Please send me a copy of your work, as directed at beginning of this letter. And, dear sir, permit me here to express my gratitude to you for my cure, and to offer my services in any way you may see proper to command them.

Yours most respectfully.

JAMES E. BLITCH.

WENONA, MARSHALL Co., ILL., *November 17, 1870.*

DR. S. S. FITCH,

DEAR SIR:—About two years ago I was taken with that fearful disease called *Consumption*. I was reduced to a mere shadow, and my voice to a whisper, and the doctors had about given me up, when I was recommended to try your medicines; I did so, and *found relief from the first bottle, and after taking ten was about well.*

I have now no trouble with my lungs, and have as strong a voice as any man in the State. Your medicine always cures. I have recommended it to several others who were on the brink of death! and shall always feel thankful to you for *rescuing me from the grave*, and recommend your remedies on every occasion.

If you see fit you can make use of this testimonial.

Your most sincere friend,

CHARLES VINES,

ASTHMA.

Asthma, sometimes called phthisic, is a most distressing complaint, affecting the lungs and the breathing. At first it comes by attacks, lasting from two hours to five or six days and nights. It is characterized by short breathing, greatly aggravated on attempting to talk, or walk, or move, the patient being often unable to lie down at night. On first attacks there is, in many persons, a dry cough, which in some cases continues dry until the fit of asthma is over. In most cases, in from one to three days and nights, the cough becomes humid, and much phlegm or mucus is expectorated. In this way the attack goes off, and may return in one week or many months. Often these attacks increase in frequency, until the unfortunate sufferer is affected all the time, and cannot lie down at all at night, but is forced to sit up, oftentimes leans forward on some support, and for hours struggles against apparently impending suffocation. I have known cases where for months and years they could not lie down at night. I knew one case of fifteen years' continuance, that during the last three years the sufferer, a lady, could not, from debility and the disease, sit up or lie down; a sister held her up every night. I had the pleasure of curing this case permanently in three weeks. I have now known of her good health ten years or over.

I would say to the invalids, I always cure asthma in all its forms and in all its varieties. It is only a question of time, some recovering sooner than others, but all get well by using the remedies I direct long enough. I have seen cases of Asthma in aged people which I have thought advisable only to palliate.

Asthma of Twenty-Three Years' Standing Cured.

220 COLUMBIA STREET, SOUTH BROOKLYN,

*August 14, 1856.***DR. S. S. FITCH,**

DEAR SIR:—I owe it to the public and yourself to give a statement of my case. I was born and grew up at Islington, near London. Occupation, clerk and teacher. From early life I was subject to wheezing and asthma. I of course received the assistance of the best physicians in England—Dr. Leman, Teignmouth, Dr. Frederick Salmon, of London, and a great many others—with only slight relief. In 1836 I went to Egypt, where my asthma was relieved some, but I had a bad dysentery. There met Dr. Abbott. In 1840 I returned to England, followed by immediate dreadful attacks of asthma. I stayed three years in England, then went to Syria, in Asia, and stopped at Beyrout, (asthma left—had dysentery,) and visited Jerusalem, in the Holy Land. At Jerusalem I saw Dr. McGowan. From Syria I went to England, then to Boston and this city. I suffered dreadfully with asthma in Boston; and, truly, I think, my case was one of the worst I ever knew. I obtained no permanent relief whatever here, until I applied to Dr. Fitch, 714 Broadway. For many months now I have had no attack whatever, and consider myself perfectly cured of that affliction.

I remain yours respectfully,

CHARLES SAMUEL POWELL.

Case of Miss Mary Bigger.BIN BROOK, C. W., *March 3, 1864.***DR. S. S. FITCH,**

DEAR SIR:—For four years I was very much affected by asthma. I had it some nearly every day, and at times very bad; often I could not lie down much at night. Every change of weather to cold, or wet, or wet and cold, or stormy, my asthma would at once come, and I would be very ill with it. I tried everything I could hear of. Several physicians prescribed for me, but without much, if any, good effect. Last September I applied to you for relief, and used remedies several months. The result, so far, is very happy. I have had but one attack of asthma since I first placed myself under

your treatment. I do not take cold nor feel the changes of the weather as I once did. I feel, and have long thought myself, perfectly well. Please accept my best thanks.

Yours truly,

MARY BIGGER.

Case of Donald McIntosh.

BUFFALO, NEW YORK, *March 4, 1864.*

DR. S. S. FITCH,

DEAR SIR :—I have suffered exceedingly from asthma. I am forty-nine years of age. For six weeks before I saw you, I suffered all I thought I could suffer from asthma. I had a most severe cough,—would at times cough all night. I could not lie down at night. I raised very much; but the terrible trouble was my breathing; for hours together it would seem to me that I must expire for want of breath. My struggles to get my breath were awful. Any exercise, or the least attempt to do any work, or to move about, would at once threaten to kill me. In this state I called on you, the eighth day of January last. I have used your remedies faithfully as you have directed. I now find myself all but entirely well. I have no cough, no pain, no expectoration; all that remains of the terrible disease is a little, very little, short breathing on exercise. Refer any one to me you please.

Respectfully, yours,

DONALD McINTOSH.

BRONCHITIS.

This is a skin disease, that affects the skin or membrane that lines the windpipe and vocal organs, and all the air-pipes and air-cells of the lungs. I mean all those surfaces which the air touches when it enters the chest. The effect of Bronchitis is to produce hoarseness, weak voice, loss of voice, cough and Consumption. Indeed there are very few cases of Consumption where Bronchitis is not more or less present. Bronchitis is usually a true Salt Rheum. The cough in Bronchitis is usually attended with a copious expectoration of mucus, and even pus: of course the quantity raised will depend much on the extent of the disease. In some cases the cough is dry.

CATARRH.

This is a skin disease, located in the nostrils, often extending to all the nasal passages ; backwards, it occasionally reaches the Eustachian tubes, causing partial deafness ; upwards, it often enters between the plates of the bones of the forehead, inducing at times severe and long-continued headaches, pain in the forehead, temples, &c., often of a highly neuralgic character ; sometimes only one side of the head is affected. I have seen catarrh produce fearful ravages in the nasal bones, so as to remove them entirely. Frequently catarrh is attended with a very offensive odor from the nostrils and parts affected.

These three diseases, Catarrh, Bronchitis and Consumption are often found together in one person, and so are usually grouped together. Separately or together, they are curable.

DIPHTHERIA.

A few years ago this disease was very fatal from ignorance of true remedies. Now it is rarely ever fatal, and is very easily cured.

It is, in its severe form, croup and putrid sore throat combined. It begins from exposure, wet feet, taking cold, &c.

The throat rapidly swells, and is thickened and closed up inside very much. The patient feels as if breathing through wool or cloth. The throat often swells externally, and if greatly neglected the attack may prove fatal.

It is perfectly curable in a little while.

First rub the throat with any good strong irritating liniment, as hartshorn and sweet oil, oil of hemlock or cedar, &c. After this is well done cover the throat around perfectly with a cloth dipped in ice water, and cover again with flannels to cause prompt sweating. Let the wet cloth be flannel or cotton of three or four thicknesses, so as to cover the throat and top of the chest perfectly, if the breathing is much affected. Change this cloth once in two hours, and if very bad, every hour or half hour.

The patient may eat ice all the time, taking little pieces in his mouth the size of beans, and letting them melt over his throat freely.

Besides this, take of the following mixture
every half hour one teaspoonful.

Chlorate of Potash.....	1 oz.
Muriate of Ammonia.....	80 grains.
Liquorice ball.....	1 oz.
Water.....	1 gill.

Mix.

Use this mixture several days after the throat is better.

Swab the throat faithfully with the following:

Nitrate of Potash.....	1 oz.
Chlorate of Potash.....	1 oz.
Common Salt.....	1 oz.

or 2 teaspoonfuls each.

Loaf Sugar.....	1 pound.
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Mix all together.

Swab the throat freely with this in a dry state, and rinse the throat with cold water.

Take also a half to one teaspoonful of this mixture every half to one or three hours, according to the violence of the disease.

This will soon wholly cure all the sore throat.

Avoid taking cold afterwards.

If the above preparations cannot be obtained, equal parts of lemon juice and water may be used as a gargle, and a wet cloth applied to the throat.

Cure of Whooping-cough.

Unless whooping-cough is very mild, it should be arrested and stopped as soon as possible. To adults, and especially if inclined to consumption, it is a most dangerous disease. No relics of it should be left on the lungs. To alleviate and check it, the Tincture of Lobelia, Syrup of Ipecac., and a strong tea made from Chestnut leaves, are all very good. If any of these fail, or are not procurable, apply to me, and I will send prompt remedies at once.

My Whooping-cough Cure soon removes all the disagreeable symptoms of this complaint, and cures it wholly in four or five weeks, and at once stops any dangerous symptoms or effects.

CROUP.

This disease usually attacks children; yet sometimes adults are attacked with it. It usually prevails in the cold and changeable seasons of the year.

It is always produced by taking cold. In some cases, the cold for some days is slight, and does not attract much notice. In other cases, a cold is followed almost immediately by a sudden attack of croup.

Croup is characterized by hoarseness, wheezing breathing, or short breath, with some cough, and a distressing, anxious look. Thick phlegm chokes and soon begins to fill the windpipe. The continued passing and almost forcible pressing of the air through the windpipe presses and hardens the phlegm, until it takes the shape of the windpipe and is called false membrane. This, if not stopped soon, chokes the unfortunate person to death.

Treatment.

This disease is perfectly curable. No one affected by croup should be given up. Persevere in treating them until they are well or dead. On the first attack, or at any time when you see them, at once put the feet in excessively hot water for fifteen to thirty minutes, if not relieved sooner. At the same time rub on the chest, all its upper part, and on the breast-bone, and on the throat, my Pulmonary Liniment. It is a perfect remedy for croup. You may give Tincture of Lobelia, twenty drops to one teaspoonful, or syrup of Ipecac., one teaspoonful, every fifteen minutes, until free vomiting takes place, or a tablespoonful of goose grease, or whale oil will answer the same purpose.

My Expectorant is admirable for croup, given in full doses every quarter to half an hour, until vomiting takes place. Give it with warm water. The Pulmonary Liniment and Expectorant may be used in less quantities for some time after the croup is better, until it is entirely well. If you cannot get my Pulmonary Liniment, then use the liniments given in the article on Diphtheria. Lard and Scotch snuff, rubbed together and freely applied to the chest and throat, is excellent. Keep

the bowels free with castor-oil. Do not give drenching, exhausting physic.

I never lost a case of croup in my life, and never knew one to die under the treatment I have advised.

After the croup is well, avoid exposure, or wet feet, or taking cold, until all traces of the disease have left. Treat any relapse of the disease exactly as you did the first attack.

Slight attacks of croup may be stopped at once by using the remedies, one or all, in much less degree; but all cases should be watched, and never allowed to go on for one hour, especially in croupy children.

DISEASES OF THE HEART.

These diseases are usually considered fatal by all the medical faculty. As far as I know, I am the only physician living who asserts the curability of heart diseases. I believe I and my pupils are alone in this branch of practical medicine. During the last twenty years I have treated a great many cases of heart affection and disease. Nearly all have got well, and stay well. I treat heart diseases with great pleasure, as I always cure them, or nearly always. The exceptions are very few, both in young and old.

Heart disease is characterized by pain about the heart and left breast, often extending to the left arm, also a crowding in the left chest, very uneasy, strange feeling there; also irregular action of the heart, quick, rapid beating on exercise, stoppage of one or more beats; beats rapidly, and stops with a sudden jerk, as if turning over; fluttering in the left side and pit of the stomach, like a bird; throbbing in the stomach; long breaths often instantly cut off by a sharp pain under the lower part of the breast-bone or left side; great difficulty or impossibility to go up-hill or up-stairs; panting breathing; choking often in swallowing; any effort, walking against the wind, or lifting, or any unusual or sudden exertion, will produce palpitation and stoppage of the heart. If very bad, not able to lie down night or day; very nervous, and alarmed by any sudden excitement. Eating heavy meals affects the heart. Dyspepsia, indigestion, and costiveness all aggravate

the heart-trouble. The head is often confused, fullness of the head, rush of blood to the head. A strong tendency to palsy and apoplexy; weakness of all the left side; sudden starting on going to sleep; swelling of the face and under the eyes; swelling of the feet, and across the stomach. In some cases, sudden, acute shocks of pain dart like lightning through the chest and heart, at times affecting most severely the left arm at the insertion of the deltoid muscle. Fullness and throbbing in the head; often a throbbing is felt all over, especially on first going to bed; often a sudden starting up, just as falling to sleep. All sedentary persons, scholars, teachers, professors, bankers, clerks, judges—all especially of full habit, fleshy, and who take little exercise—may become subject to diseases of the heart. Late suppers are often fatal to such persons.

THE CURABILITY OF HEART DISEASE PROVED.

From the Hon. John Kelly, M. C. from New York City.

NEW YORK, Nov. 24, 1867.

DR. SAMUEL S. FITCH,

MY DEAR SIR:—Supposing that others afflicted as I have been, may be benefited by the knowledge and use of your remedies and treatment, I am induced to write you this communication. You may make any use of it you may deem proper. For a number of years I have been afflicted with what I supposed to be disease of the heart. At times I have had great distress in the region of the heart and left side, occasionally violent palpitation and fluttering of the heart; the circulation of the blood seemed to be slow and obstructed in some way; my digestion was very imperfect; I was nervous and despondent; was troubled with headache very much, and had turns of sinking, faint prostrate feeling, which were distressing, and alarmed me. Having tried numerous remedies, as recommended by physicians, and without any apparent benefit, I gave up all hopes of obtaining relief, when I was advised by a friend of mine to call upon you, as he felt confident that you would be able to relieve me. I am glad to inform you

that his predictions have been fully verified. The medicines and treatment you prescribed for my case have had a well-nigh miraculous effect upon my system. I am now nearly restored to my usual good health, and by the aid of your remedies and the help of a kind Providence I hope finally to be completely so. I would most certainly recommend your treatment to any who may be afflicted as I have been.

Very truly, yours,

JOHN KELLY, M. C.

Mr. Kelly is well, March, 1868.

Mr. R. J. Coburn's Case. No. 39,102. B.

COBURN'S CORNERS, INDIANA, *October, 1868.*

DR. S. S. FITCH,

DEAR SIR :—Having once been a patient of yours I take the liberty to address you in order that you may know what your medicines have done for me.

By referring to your books you will see that mine was a case of Heart disease. At the time I commenced doctoring with you I was able to do very little labor, in fact a good part of the time I was not able to labor at all, and some part of the time I was confined to my bed.

I confess I had very little faith at first that you could cure me, as I had tried the skill of some of the best medical men in the West, among them Dr. Woodworth of Fort Wayne, but all to no effect, when, as a last resort, I applied to you, and by your skill, and the kind mercies of our Heavenly Father, I am to-day a well man. I should have written to you before, but have waited this long to see if the cure was permanent, and having had no symptoms of the disease for two years I consider the cure perfect.

Dear Doctor be assured that I feel very grateful to you for what you have done for me, and shall pray that you may be long spared to bless mankind.

If this will be of any use to you, you are at liberty to use it as you see proper.

Respectfully yours,

R. J. COBURN.

BATAVIA, NEW YORK, *August*, 1869.

DR. S. S. FITCH,

DEAR SIR:—In the spring of 1864 you doctored me for Heart disease. I was very low at the time of your commencing to treat me, but I took your medicine about a year and a half until I became perfectly well.

I can hardly find words to express my gratitude to you for the benefit I received from your treatment.

I remain, yours very truly,

LEMAN N. SMITH.

DYSPEPSIA.

This is a disease of the stomach, existing in all degrees, from very slight to great sickness, almost unable to eat anything, attended with sour stomach, belching of wind, great oppression at the stomach. After eating, the food lies like a heavy load. At times great pain is felt in the stomach, and swelling and distention. The food remains long on the stomach, ferments and sours. In some cases it continues in the stomach weeks and months, many articles becoming wholly indigestible. The liver is usually sluggish and the bowels constipated; but in some cases a diarrhoea will exist. This state of the stomach often deranges the whole system, causing palpitation and great nervousness, pain between the shoulders, nervous headaches, and great debility. Dyspepsia at times leads to fatal diseases, and may itself become fatal; as it sometimes ends in cancer of the stomach.

Causes of Dyspepsia.

There are two principal causes of dyspepsia. One is a universal debility of the system from long continued sickness, scrofula, debilitating studies, excesses, &c.

But the most common cause of dyspepsia is a humor on the coats of the stomach, which occasions a burning in the

stomach, and tenderness at the pit of the stomach, and congestion and thickening of the coats of the stomach. In some cases patches of the mucous membrane become denuded by the humor. Canker and eruptions come on the coats of the stomach, which extend up the gullet to the throat and mouth, occasioning hoarseness and cough. At times dyspepsia affects the eyes, causing floating specks before them and dimness of vision. I could add a great many more symptoms, but have not the space. (See page 6 for a Diet Table, giving the time required to digest certain articles of food.)

340 WEST 43D STREET, NEW YORK,

March 23, 1858.

DR. S. S. FITCH,

DEAR SIR:—I write to say to you that I have derived very great benefit from the use of your remedies. For the last thirty years, until recently, I have been subject to violent bilious attacks, commencing with a chill, pain in the head and back, and in the bones, followed by fever, sickness, and great prostration, often lasting several days. No remedies that I could get, or advice of physicians, would prevent a recurrence of these attacks. Two years ago I commenced using your remedies with entire success. I have hardly during my life enjoyed such uninterrupted good health, as since I have made use of your remedies. One of my daughters, who has been during most of her life subject to violent attacks of sick headache, has been entirely cured. You are truly a public benefactor.

Yours, respectfully,

A. SEYMOUR.

SIX MILE RUN, SOMERSET COUNTY, NEW JERSEY,

January 12, 1858.

DR. S. S. FITCH,

DEAR SIR:—It is due that I should thank you for the very great benefit I have received from your remedies. For several years I have suffered with sick headache and a torpid liver,

The attacks of headache came on periodically, and lasted generally three or four days, sometimes a week ; and the pain and sickness I endured are indescribable. For more than a year, now, I have been free from them, having been completely relieved by your remedies. I would with great confidence recommend your treatment to others similarly affected.

Yours, truly,

JOHN POOL.

LIVER COMPLAINTS.

A bilious condition of the system is very common. True liver disease often occurs, evinced by having headaches, dizziness, jaundice, yellow whites of the eyes and yellowness all over the skin, urine yellow, vomiting yellow or greenish bile, headaches, dizziness, loss of appetite, weakness all over, especially in the limbs, calves of the legs and knees, dull circulation, dropsy, over blotting, &c., pain in the right short ribs, hardness of the liver and humor on the liver, &c., costiveness, or chronic diarrhoea, or sometimes costive, then loose bowels, often scanty water, gall stones, &c. With nearly all physicians, the method of treatment for ordinary bilious attacks is to give the sufferers enough mercury, in the form of blue pills, to nearly turn them inside out. A very profitable plan, for it never cures the patients, but leaves them instead more liable to a second attack. The way I always treat such cases is to give a tablespoonful of my Biliary Corrector at the very commencement of the attack, and follow it up with a mild cathartic. Since I commenced to do this, I have not found a single case that did not find relief at once. Many of my old patients write me that before they used this medicine, they were as sure of an attack of biliousness every little while as they were of the approach of Sunday, but that now they only know of such things by recollection.

CHRONIC DIARRHOEA.

This disease is too well known to require any very long description. Bilious fever, or a succession of bilious attacks will bring it on. Cold and exposure will produce it, and it is often caused by a humor settling on the mucous lining of the

bowels. It requires careful treatment, but is generally curable, even when it has continued a number of years. Any person wishing to hear of a remarkable case, which was cured by my treatment, should write (enclosing stamp) to H. B. Saylor, of the law firm of Saylor & Kenner, at Huntingdon, Indiana.

Case of George C. Marshall, Esq., of Poughkeepsie.

This gentleman called on me September 20th, 1858. He was very pale, utterly prostrated, exceedingly emaciated. He had a constant diarrhoea, and most distressing piles. He almost utterly despaired of cure from any quarter, as all remedies had failed. Within three months he was restored to health. The last time I saw him he was very well, and had regained all his usual flesh and strength. He had been out of health four years and a half.

Case of Baron H. Tatisyan.

July 10th, 1851, I was urgently requested to call on a gentleman living at 101 Fourth avenue, below Thirteenth street, east side. I found him very ill with chronic diarrhoea. He said, "You are the one hundred and twenty-third doctor I have consulted in three and a half years past. I have expended seven thousand five hundred dollars trying to regain my health. I spent six months in England trying to obtain relief. I consulted the best physicians in London, but without any good effect. The sea-voyage did me no good. I have consulted ever physician of any note, in New York, without relief." The back part of his mouth was covered with canker, which extended down the gullet and spread over the coats of his stomach. His bowels were badly ulcerated and discharged large quantities of pus every day. He could only eat a little beef-tea with a cracker soaked in it. Nearly all food distressed him exceedingly. This gentleman entirely recovered his health. Within four weeks he returned to his business, and in six months was very well. I met him some time ago; he was very well.

DYSENTERY.

This disease is of frequent occurrence in the hot season of the year and in the earlier part of the autumn.

It is almost universally contracted by eating improper food and at the same time taking cold. When neglected too long or badly treated, it is often fatal.

Treatment.

As soon as a show of diarrhoea or dysentery is noticed, at once take a portion of physic, as, equal parts of dandelion and senna extract, or castor-oil, or magnesia and rhubarb, or my Biliary Corrector, or my Cathartic Pills, in doses adapted to the strength of the patient and to their age, and give a little physic daily until the disease is well.

At the same time that you give physic, if the patient is in any way prostrated and weak, you may give a tablespoonful or so of black-cherry brandy, or blackberry brandy, or let them drink freely of a tea made by boiling blackberry roots in milk, with a little loaf sugar and brandy put to it. Solution of tannin, or oak-bark tea, are both excellent, and may be used as you have them at command. Never omit the physic; and never give opium or laudanum at the beginning of dysentery until the bowels have been well evacuated by using the physic. Opium or its preparations often kill the patient by causing congestion of the brain, if given too early.

Diet.

Let the food be light and cooling; say boiled milk, and boiled rice and milk. Wheat flour boiled thoroughly in milk and thickened to a gruel, and eaten freely, is excellent. In the beginning of dysentery, when it has been on only two to four hours, put one tablespoonful of table-salt and a wine-glassful of vinegar into a half-pint of boiling water; sit down and sip this a mouthful at a time, so as in half an hour to drink it all. An old man, who got this remedy from my grandfather, told me he had kept house forty years, had

raised many children and apprentices, had often witnessed fatal dysenteries in his neighborhood, but in his own family and dependents this salt and vinegar was all he ever used, and had never failed with it to cure all cases in his own family. No matter what you have eaten, he says, this will cure it if used on the first attack. In very bad cases of dysentery, and no relief on account of no remedies or improper remedies, you should still give physic, and a suppository of one or two grains of solid opium introduced up the rectum and left there, and the patient keeping still, will often soon stop all traces of dysentery. Wild-cherry brandy, or brandy and laudanum, with castor-oil, may be very freely and liberally used in all advanced stages of dysentery or bloody flux. The feet should be kept warm, flannel worn over the stomach and bowels, and all traces of dysentery will disappear. Opium is to be used only in very extreme cases, and after free physic.

While writing on this subject, I wish to impress on the mind of every one the fact of the great value of keeping in the house at all times some reliable medicine for the cure of Dysentery, Diarrhœa, Bilioussness and Indigestion. The old saying that "An ounce of prevention is worth a pound of cure," is too often forgotten. Any person who has my Biliary Corrector on hand and uses it as soon as the Dysentery commences, can be certain of speedy cure.

SUMMER COMPLAINT; Or, DIARRHŒA OF YOUNG CHILDREN:

This disease sweeps off thousands of young children annually. It is caused almost wholly by indigestion, which is much aggravated by hot weather, bad air, and by teething, and, above all, by improper food. No child need ever die of this disease when it is properly fed. Very much depends on its food.

First, let the child wear soft, warm flannel over its whole person, and stomach and bowels; change this often enough to have it clean. Let the child eat no fruit or vegetables of any kind whatever, and not a bit of meat, or pastry, or cakes,

or hot bread. The diet should be its mother's milk, and panada, which is bread and milk boiled together well; or cow's milk one-half water and thickened with good flour, and boiled for one hour or more, so as to be perfectly cooked. This is an excellent article of food for the child. In place of wheat flour, rice flour is excellent, boiled as much as you boil wheat flour and milk, &c.

Carefully notice the child's gums, and if teeth are coming, so as to be plain and distinct, the gums may be lanced; but do not do this until the gum is fully lifted up, so that on cutting the gum the tooth is at once fully exposed. To cut the gums before this is to injure the child very much. Rubbing the gums over freely with a little fine salt very much helps the teeth to come through. If the mouth is very hot, put little pieces of ice in the child's mouth occasionally, and this will cool it very much.

The child, whilst the diarrhoea is on it, should take a little physic every day or two, say five to twenty drops or half a teaspoonful of castor oil. This is most excellent. Liquid magnesia is very good—one teaspoonful daily in its milk. One tablespoonful of lime-water daily, put in its food, is very useful, and should not be neglected. Tincture of rhubarb is valuable. Do not give opium or any of its preparations, as they are so apt to bring on fits and kill the child. A teaspoonful of wild-cherry brandy once or twice a day, put in the food, after using physic, is excellent. If you have no wild-cherry brandy, a little brandy and water, put on wild-cherry bark, is very good. Keep the child's feet warm with woollen socks, &c. Change of air. If it is possible, give the child a change of air at any sacrifice; give it sea-air. I have seen them restored by sea-air, when all hope had disappeared. Do not give up the child; if you cannot have sea-air, go to a lake shore or to the mountains. Nursing children are not apt to have summer complaint; but if they do, the mother should be very careful of her own diet. Children should never be weaned while teething, or in hot weather or late spring. The fall and winter months are best. If a mother cannot nurse her child, a healthy wet nurse should be procured if possible. Children should be nursed, if possible, until they have cut

their first-teeth. Children under four years of age should never be exposed to extremes of weather. If children are costive, or are very fretful, crying, &c., there is nothing better for them than a little castor-oil. Beware of hard indigestible food being given to your little children; awful fits and spasms arise from it. Teething and hard, indigestible food cause nearly all the fits. Some children may eat this food and live; yet it is true that nearly all fits arise from it, and nearly every case of diarrhoea.

A flannel cloth, wet in brandy or whiskey, or salt and water, may be worn over the bowels and kept warm. It may be bathed daily in a little brandy or alcohol, or whiskey and water.

My Anti-Dyspeptic Mixture is a perfect remedy for all diarrhoea and green stools of children, and for any diarrhoea or dysentery at any age. It is infallible.

SICK HEADACHE.

This disease commonly affects persons before forty years old—seldom after. After a time it usually turns to nervous headaches, and often to neuralgic headaches, &c. True sick headache is almost always produced by indigestion, acidity, and bile in the stomach, or by a closure of the gall ducts; very frequently it is accompanied by sick stomach and retching, or full, free vomiting.

Cure.

Put the feet in very hot water, and add hot water from time to time; mustard or wood-ashes may be added. Keep the feet in this hot water for half an hour. Repeat it every day, or twice a day, until the headache is well. If there is much vomiting, drink freely of warm spearmint tea, and, as the vomiting subsides, take a good dose of any good bitter pills, or a portion of dandelion and senna tea, or use my Biliary Corrector so as to move the bowels

freely and thus carry off all the bile. Boneset tea is an excellent drink in these cases. Be careful to eat nothing that you know causes bile or produces indigestion. Where predisposed to it, a cold or excitement will bring it on. Do as I have directed, and you will soon get over these headaches. For relief from nervous or neuralgic headaches, if not cured by what I have already directed, apply to me: all are soon cured.

PILES, OR HEMORRHOIDS.

This complaint is always troublesome, and at times dangerous.

There are three varieties of piles. The first is piles proper, where bunches grow from the internal coat of the lower bowel, near its termination. These bunches often come out, at times suppurate and break, causing great pain. In a great many cases, most intolerable itching is experienced.

Piles are supposed to produce or lead to fistula. In some cases, dreadful pains take place before and at stool.

Blind Piles.

Blind piles occur wholly within the bowels. Nothing comes out. They are often indicated by great pain at the evacuations, and by most intense pain in the back, between the hips, &c.

Bleeding Piles.

This form of piles is very common. They are mostly internal, often bleeding very profusely, most usually after evacuations. Great debility and prostration of the whole system may be produced, so as at times to lead to most dangerous results.

I cannot dwell long on piles. They are perfectly curable. I have treated many thousand cases with unvarying success. I always promptly cure them, when I think it advisable to do so.

URINARY COMPLAINTS.

Diseases of the kidneys, bladder, &c., are always annoying, mortifying, unpleasant; and at times they become the most awful and distressing and dangerous diseases that can affect the human system.

Gravel, diabetes, incontinence of urine; ulceration of the kidneys, bladder, and urethra; stoppage, scalding, burning urine, sometimes clear as spring water, at other times high-colored; scanty, thick, red or white sediments or mucus in the water; suppression of water, and finally stone in the bladder; bleeding from the bladder, kidneys, &c.

Most diseases of the kidneys, bladder, water-passages, &c., arise from a bad humor in the blood, which settles on these parts. Stone in the bladder is often produced by drinking lime-water. In most of the limestone districts, many old persons, who have for a long time drank of the lime-water, suffer fearfully from stone and gravel.

Suppression of urine, even if partial, soon produces most dangerous consequences to the system.

I have treated a great many cases of urinary diseases with the best success, often when previously declared fatal; and this in persons of all ages and sexes, from three to eighty years old, always curing gravel, and sometimes bad cases of stone in the bladder.

FEMALE COMPLAINTS.

These complaints always call for all the sympathies of the good physician. The most lovely ladies, both single and married, at times fall a prey to diseases peculiar to their sex. These diseases and disorders arise often from the falling of the bowels and displacement of the internal organs; but the most frequent of all causes is a humor in the blood, which settles on all the parts affected. Any cause which weakens these parts, or irritates them, will cause a humor (in those who have impure blood) to settle on them, producing enlarge-

ments, discharges, ulcerations, with all the dreadful symptoms that cause a suspension of all the healthy functions; preventing pregnancy, and, at times, forcing the unfortunate to bed, unable to walk or stand, and this for years; profuse hemorrhages, unnatural discharges, loss of strength and hope, and, in some cases, fatal results occur.

I have been consulted, during the last twenty years, by near thirty thousand ladies, suffering every variety of disease or disorder incident to females. It is indeed rare that any have ever failed of cure. Numbers of bed-ridden ladies have been restored to health and activity. How many have become happy mothers, who had long despaired of it? How many cases of happiness restored to families? I could give hundreds of cases and letters, but have time or space for very few.

It is one of the most pleasing reminiscences of my life to recall the hundreds of lovely ladies who, by God's blessing, I have restored to charming happy health, with all its delightful consequences. Ladies may apply to me with perfect confidence of cure.

I must here warn ladies to avoid all physicians and surgeons whose practice is to apply caustics extensively to the womb, under pretence that it is ulcerated. It is only a short time ago that a lady died at or near Springfield, Mass., from caustics applied to the womb. A lady told me a few days since that she was present when caustic was applied to the womb of a young single lady not seventeen years old; after the application she fell on the floor in convulsions. Such practice as this is simply infamous, and usually aggravates the disease and retards the cure. I never adopt anything of the kind, as I never fail to cure without it, and without exposing the lady in any manner, or causing any pain.

From John Gordon, Esq., of Ottawa, C. W.

AYLMER, OTTAWA, C. W., *October 20, 1856.*

DR. S. S. FITCH,

DEAR SIR:—Two years ago I called on you as the bearer of a letter, citing the case of Mrs. Mary Gordon, the wife of my

brother, who was then a very distressed and hopeless invalid. She had some two months previously been severely sick with a violent attack of erysipelas, which had confined her to the bed for some weeks, and which left her much diseased. She was confined to her house, and could not walk across the floor without assistance. Her whole system seemed to be poisoned. She had great distress, dizziness, and a sense of fulness in the head, pain in the chest and sides, between the shoulders and under the shoulder-blades, with a distressing, sinking feeling at the pit of the stomach, with cold chills running down the back and limbs. She had falling of the womb for seventeen years, which was constantly growing worse. The pain in her head was agonizing, and she and her friends feared at times it would drive her crazy. She availed herself of all the medical advantages which this part of the country affords, but without relief. You prescribed for her, and sent her remedies, abdominal supporter and braces, with medicines. They have cured her: she is completely restored to her health, and can now walk twenty miles, if need be. Her case has been considered very remarkable by our neighborhood, and has secured the gratitude of herself, her husband and friends. Your success in this case has induced many invalids in this vicinity to apply to you with various complaints, and almost uniformly they have been helped. Some of your cures have been wonderful. I cannot do less than recommend the sick everywhere to avail themselves of your admirable treatment, confident as I am that it is best adapted of any that is practised to restore the invalid to health. Among those who have used your remedies with benefit, I may mention Miss Kellogg, whose left lung, her doctor said, was gone: she is well; also Mrs. Chamberline, and Mr. James Reid. Mr. Reid was far gone in consumption, and is now very much improved. I could name others, but forbear.

Trusting that your remedies may be effective in curing others.

I am, respectfully, yours,

JOHN GORDON,

High Constable, District Ottawa, O. W.

RHEUMATISM.

This is a disease of very frequent occurrence; it prevails most in cold, windy seasons, and in damp places. Persons exposed to cold and hardship are most liable to it. Rheumatism is characterized by pain more or less intense, which affects the muscles and joints, and the membranes which cover the muscles and bones. The joints are mostly affected, and swell; and if very long continued, you may lose the use of them. Persons using mercury are very liable to be attacked by Rheumatism. A most common cause of Rheumatism is taking off flannels too early in the Spring, and dispensing with fires too early in the Spring and until too late in the Fall. Sitting or working in cold rooms, &c.

ACUTE RHEUMATISM

Often commences with a hard chill, followed by high fever, and intense pain, which may attack any portion of the body, head, or limbs. The parts affected becoming enormously swelled. When properly treated, this form of Rheumatism may soon be cured.—When the heart itself is attacked, death often results—but even if the patient live, he is liable to have a Chronic Rheumatic affection of the Heart, which endangers his life at all times.

Treatment.

In the first attack of Acute Rheumatism, every effort should be made to induce perspiration in the affected parts. Recollect, the disease is produced by poison. If full sweating is produced over the affected part, much of the poison will pass off. Any strong liniments may be rubbed on the part affected. Make a very strong tea of red-pepper pods, to one pint of this, add one gill of alcohol, and half a teaspoonful of soda, saleratus, or potash; the potash is the best; rub this freely on the parts affected. The different preparations of potash are better than those of soda. If the red-pepper is ground, or pounded fine, it is apt to mix with the water, and dry out, and this fine powder of red-pepper will get all over the patient,

DR. S. S. FITCH'S

in his eyes, nostrils, &c., often producing the most distressing effects. The bowels should be kept perfectly free by the use of stimulating cathartics, such as *picra*, compound tincture of aloes. My prescriptions will be found most excellent in all cases of Acute Rheumatism. My Biliary Corrector alone will cure it. Nothing should be applied to parts affected with Acute Rheumatism, that shall drive it in; as it often attacks the heart, if driven in. Hot alcohol and common salt, as much salt as the alcohol will dissolve, applied with two or three thicknesses of flannel, and bound to the parts affected, will be found very useful. Internal remedies should always be employed in all cases of Acute Rheumatism, so as to keep up the strength and carry off the poison, and to prevent its settling on any part. If my prescriptions can be procured, use them; suppose you cannot obtain my prescriptions, prescribe the alcohol and salt, hot, applied externally, and changed every three hours, or pour a little of the hot liquor on to the parts through the flannel. In Acute Rheumatism the kidneys are almost always congested, and the urine high colored and scanty, and the whole system is filled with the rheumatic poison; stimulating purgative medicines should therefore be constantly used to keep the bowels perfectly free. My Biliary Corrector will always do good. On recovering from Acute Rheumatism, great care must be exercised to prevent taking cold, as a relapse is often produced by taking cold. As soon as relief from acute pain is experienced, the affected joint or joints should be freely exercised; as, if kept inactive, it or they will frequently grow perfectly stiff, producing what is called an anchylosed joint. The joints should be exercised freely within one week after they have been attacked; now cold bathing and rubbing the parts affected freely, and pouring cold water over them freely, once or twice a day, will usually produce the best effects. But the cold applications must be used with caution; let the water be warm at first, and slowly, day by day made cooler, until used cold.

CHRONIC RHEUMATISM.

When the rheumatic poison has been allowed to remain in the blood and the disease has become chronic, active and per-

sistent treatment must be resorted to. Unless the joints have become permanently stiff and the muscles contracted and shrunken, the patient may still hope for a cure, and even the worst cases have found great relief by my treatment. I have had under my charge a number of cases of Rheumatic Affection of the Heart and all have done well. Write your case in full to me according to Question to Invalids on page 4.

UTICA, N. Y., *Feb.* 13, 1858.

Dr. S. S. FITCH,

DEAR SIR:—When I called on you last fall, you will remember that I had been sadly troubled with rheumatism for a number of years. It seemed to have its seat in my back and left shoulder, and at times laid me up entirely. Nobody can tell what I suffered from it. Liniments and external remedies seemed to do me no good. I tried about everything. Sometimes it went to my legs and feet, and again spread all over me. It was always worse in the spring and fall. Your remedies have cured me.

Yours, respectfully,

JAMES P. MAYFIELD.

OSBORN HOUSE, ROCHESTER,

Jan. 10, 1864.

Dr. S. S. FITCH:

I have for years been a great sufferer from rheumatism. In winter I have been subject to sudden attacks, so that at times I was not able to raise one and sometimes both arms to my head. At other times one or both ankles would be attacked, so that I could not walk; always attended with severe pain. Your remedies cured me within a short time. I thank you for the cure; I thank you for your kindness in thus curing one whom you knew could only pay you in thanks.

Thankfully yours,

FRANK JOHNSON.

FEVERS.

A short and concise account of the principal fevers with directions for their treatment, will no doubt be of service to the general public, and I therefore give the following description of them and advice, with recipes which any one can prepare.

SCARLET FEVER.

This is one of the most fatal diseases to which children are ever subject, and is often dangerous to adults. When not fatal, it often causes deafness, or leaves running from the ears, &c.

This disease is of the erysipelas family, and is catching. Persons can carry the poison, which produces this disease, in their clothing, and thus carry it to those who have not had scarlet fever. Scarlet fever rarely occurs twice in the same person. It usually occurs in the cold and changeable seasons of the year, and sometimes rages with great fatality. It is caused by an infectious poison. Scarlet fever usually begins with a slight chill, heaviness or pain in the head, followed by a high fever, and in one or more days little red pimples come out more or less over the whole body, with a burning skin. In a little while a sore throat comes on, which often ulcerates and mortifies. Scarlet fever may be very fatal if not properly and promptly treated.

How to treat Scarlet Fever.

Keep the bowels free, but not drenched, with a little castor oil, given every day. The whole surface of the body and throat may be sponged daily with saleratus and water, or soap-suds tepid. This may be done two or three times a day, if there is much fever. Put the feet in hot water often. If the fever should run very high, the patient may be put into a sheet wet in tepid or cold water, and kept in it an hour or so, until the fever abates. The greatest danger in the first stage of scarlet fever is from the throat, which should be carefully noticed. If the throat swells, externally or internally, rub on it externally

some of my Pulmonary Liniment, and wear a wet cloth around it for some days until it is well. Look at it inside, and if there is any soreness, swab it freely with powdered alum and molasses or syrup, or with borax and honey, or with powdered chlorate of potash, or powdered saltpetre and honey. Clean and swab out all the affected parts most faithfully. Never neglect this, as you value the life of the patient. Powdered gum guaiac and molasses is excellent to swab a scarlet-fever sore throat.

I here give the original remedy for scarlet fever left by my grandfather, Dr. Jabez Fitch, of Canterbury, Connecticut. This remedy has been used by my grandfather, my father, Dr. Chauncy Fitch, of Sheldon, Vermont, and by myself, in all one hundred and twenty-five years. It is one of the most valuable of all remedies for scarlet fever, and is very efficacious in erysipelas. It will cure scarlet fever after mortification has begun. I never know it to fail of cure.

The throat, bowels, &c., may be attended to as I direct.

Recipe—Take pure, good vinegar, add to it as much pearl ash or saleratus as will make it sweet and remove all acidity. To this add fine salt as much as the liquor will dissolve. Give the patient half tea to one dessertspoonful every half to two hours, according to the age of the patient and the violence of the disease.

The following is much like it :

Internal Remedies.

Besides what I have told you to do, give the patient as follows :

Recipe—Chlorate of Potash..... one ounce.

Water, hot..... eight ounces.

Powder the potash, and then put the water to it. Take one teaspoonful to one tablespoonful of this water every half hour for one day ; and after this every hour will be usually found sufficient. This is a perfect curative of scarlet fever. In five to seven days the patient will be apparently safe.

Patches of hard skin often peel off, and the red spots and rash disappear, and fever lessens.

SECONDARY SCARLET FEVER.

After and while the fever and eruptions are going off, if by taking cold, or imprudence in eating, or costiveness, or overwork, or over-exercise, the poison is thrown back into the blood, more or less, most dangerous symptoms often come on. The head swells all over, with burning heat and fever. The head and eyes are often attacked, and the face swells. Universal dropsy often takes place.

To prevent secondary symptoms, which are often fatal, especially to grown-up delicate ladies or youths, for at least three weeks after scarlet fever has left, keep in the house ; avoid all possibility of taking cold, all through scarlet fever, and now. Let the diet be very light and simple ; avoid all excesses of any kind. Keep warmly clothed. Take three times a day a portion of the chlorate of potash, as before directed, and some gentle physic. The best of all is my Cathartic Pills, daily, from the beginning of scarlet fever to the end of it, and at least three to four weeks after all show of the fever has ceased. If you cannot get my pills, use some other physic ; but do not fail to take something daily to move the bowels all the time I have mentioned. These are the remedies I advise. I never lost a case of scarlet fever in my life.

MEASLES.

This is a catching disease, of an eruptive character. Once having it, you rarely have it again, if ever. It is somewhat like the scarlet fever, and has red patches come out on the skin. Scarlet fever comes out in red points all over, and a red, burning skin ; but measles come out in red patches, and very little raised up, whilst between these patches the skin is natural. Measles usually begin with a cough, which may be on some days before the eruption appears. The disease goes off in five to six days, and, if not wholly cured, is apt to fall on the lungs, producing asthma, or bronchitis, or consumption. It often attacks the eyelids, affecting them for years, if not cured ; whilst scarlet fever is more apt to attack the ears internally.

Treatment of Measles.

Measles require to be watched; and if the cough is bad, take my Expectorant, or some good cough medicine, and if they do not come out well, put the feet in hot water, and rub some of my Pulmonary Liniment on the front of the chest, on the arms, and calves of the legs. If a high fever, and the measles do not come out well, put the patient in a wet sheet for one or two hours, and cover up warm; this will usually produce sweating and bring the eruptions out perfectly all over. As the measles are going off, treat them in all respects as I have directed in scarlet fever; observe the same rules for diet, and avoid all excesses or exposures, and, above all, take a little cathartic medicine daily for three or four weeks. Measles rarely ever affect the throat. If there is any cough left after measles, cure it, by all means. Do not let it alone, as it is apt to lead to consumption, especially in those predisposed to it. If the eyes or eyelids are affected, keep taking gentle cathartic medicines daily. Wear bandages wet with the Queen's Toilet over the eyes every night, and keep the patient in a dark room until all trouble of the eyes is removed. Let no relic of measles remain on you, if you wish for future health.

TYPHOID FEVER

It is often the case that persons take a cold, or overdo in some way, or by great anxiety or mental trouble will feel very poorly and much indisposed, with failing appetite, or none, and night chills, with a little fever, or none; sometimes costive, at other times slight diarrhoea.

In this state a physician is called. The disease, he says, is typhoid fever, and at once large doses of quinine are given, and these doses are repeated. The head, at first lightly affected becomes fearfully oppressed; the patient soon becomes drowsy and heavy—answers if spoken to; pretty soon, in two to six days, if this course be continued, he becomes delirious, and this confirms all in the belief that it is typhoid fever, and typhoid fever is only to be cured by using large doses of quinine, brandy, calomel, &c.

The skin is hot and dry ; throbbing temples ; burning hands ; dry, black, furred, parched tongue ; no appetite ; bowels slow, or a watery diarrhoea. In these cases the patient rarely lives over fifteen days ; some live longer and some die sooner. I most solemnly believe that nearly all the deaths from typhoid fever would be prevented if proper treatment were pursued.

Treatment of Typhoid Fever.

In nearly all diseases of the human system, obstruction to some of the functions of life exists ; somewhere there is too much of something, somewhere there is too little ; and this something too much is in nearly all cases a poison in the blood, which oppresses some part—it may be the brain, the nerves, the throat, the lungs, the heart, the stomach, the liver, the bowels, the kidneys, the skin, the bones, the joints, &c.

The fever, pain, and all the unhealthy actions of the system are caused by the efforts of nature to get rid of this obstruction, this poison, this something too much.

The remedies used should assist nature, not promote or exaggerate the disease. In this idea is contained the whole philosophy of medicine. To get rid of this offending substance, we must open all the principal outlets of the system, the principal of which are the skin, the bowels, and kidneys.

When this low-state threatening fever begins, do all you can to open the skin and excite free perspiration. For this purpose use hot mustard foot-baths—let the water come as high up the limbs as possible. Wood-ashes may be used, or mustard, or both. Keep up the heat of the water long enough, say one hour, until the patient is in a perspiration as free as possible. On going to bed, after the foot-bath, or before, give a large dose, of extract of dandelion and senna, so as to freely move the bowels. Every day take a portion of physic—pills, or dandelion and senna, or my pills, or Biliary powder, or Biliary Corrector, or pica, or castor oil. Sponge the body over twice a day with strong soap and water, strong soap-suds. Do this when the fever is on. The skin may be sponged with saltpetre and water freely, and cold if the fever runs high ; cold wet cloths may be kept on the head, forehead, &c., all the time if

the head is hot; onions boiled hot, or hot boiled potatoes, may be kept on the soles of the feet all the time, day and night.

The diet should be very light at first, consisting only of flour or Indian meal gruel well boiled. After the fever abates, chicken soup, or beef or mutton soup—no grease—a little stale bread, may be used three times a day or so. Do not urge the diet, or gratify a craving appetite; be most careful until the patient is well.

Drinks.—The patient may at all times drink as much as he pleases of any herb drink, warm or cold, as he wishes. After the fever is over he may take a little good whiskey, or brandy, or wine, as he wishes, all moderate at first.

By beginning early and pursuing this course there is not one case in fifty but what will recover. Remember, whatever else you do, give some sort of physic every day. This will prevent the fever from settling on any part.

Typhoid Fever Relapses:

Many die from a relapse in typhoid fever after getting nearly well. Avoid all causes of relapse. These causes are over-doing, over-exercise, overwork, and over-eating, going out too soon, &c., &c.

In cases of a relapse, treat them just as you did at the first attack. In case the patient is nervous and trembly, strong valerian tea may be freely drank, or the scullcap, or the ladies'-slipper root tea. Drink as much of these as you please. By treating the patient in this way, and by avoiding quinine entirely until the fever is well, and using it sparingly at any time, by using no calomel whatever, the patient will get well and not be injured in his constitution at all.

How to Prevent Taking the Fever.

If you are much with typhus or typhoid fever, take daily a good portion of pills or rhubarb, or something to move the bowels kindly every day. If you do so, you will never take it. You can never take the yellow fever, how much soever exposed to it, if you move your bowels freely every day with pills or physic, and keep the skin clean.

YELLOW FEVER.

I need not describe yellow fever, or where it prevails. This is too well known. It is an enemy that kills in a very short time if not promptly cured. Its treatment admits of no delay, I only give you a perfect cure ; it will not fail you.

Treatment.

On the first show of the disease, drink one or two quarts of strong, warm herb tea, such as boneset or any of the mints. In ten minutes or so after drinking the tea, take a lobelia emetic and vomit yourself for an hour or more. Do it most faithfully. Vomit yourself as nearly to death as you can and not die. Take an open chair—say a split cane, or such open-bottomed chair—place under it a saucerful of burning rum or alcohol ; take off all your clothing, sit on the chair and have blankets put all around you, so as to be entirely covered except your head, but so arranged as to allow the vapor of the burning alcohol to pass all around you. Perspiration will run off you as water. Sit on this chair thus perspiring until you faint and fall off the chair. Let them take you up and give you one-half a pint, a tumblerful, of castor-oil. Now be placed in bed and covered up warmly ; you will sleep some and sweat several hours, say five or six hours ; on awaking, your oil will freely operate and you will be perfectly well. You must lay in your bed fourteen days, and take only water-gruel, not a bit of solid food. Take not the least exercise ; keep close from the air, &c., during the whole fourteen days. If you do not do this you will have a relapse, and must be treated exactly as at first. If exposed to yellow fever, take some pills or physic every day, so as to move your bowels freely every day, and you will not take the fever. Besides this, avoid all irregularities, and eat no fruit or any food that can disturb your system. When you leave the yellow-fever district, pursue the same course as regards irregularities, &c., until you have been away from the infected district for at least fourteen days. In visiting all hot or tropical climates, never swallow the pulp of any fruit ; only swallow the juice, and spit out the pulp wholly and entirely.

CHOLERA MORBUS.

I do not now speak of Asiatic cholera, but of cholera morbus. This disease usually occurs in summer and the early fall months. It is caused by improper food and by taking cold after eating such food.

Treatment of Cholera Morbus.

When it first begins, unless in a very old or very feeble person, do not check the vomiting or purging, as it is an effort of nature to expel offending and dangerous matter, but drink very freely of strong spearmint tea hot, with sugar or milk in it, or both, as you please. As soon as the stomach is somewhat sweetened, give a good portion of butternut-bark tea, or my pills, or castor oil. Ten drops of laudanum and one tablespoonful of brandy may be given with the physic. Let the patient put his feet in excessively hot water for twenty or thirty minutes, with mustard in the water. Now lie down in bed, cover up very warm and get into a perspiration. In one to six hours the physic will operate freely, and all trouble will be over. Keep quiet a day or two, and eat only of gruel.

This is the way cholera morbus generally ends. In some rare cases the remedies are not used soon enough, or it occurs in old or very weak people, in which case treat it as I have told you; also give every ten to thirty minutes one teaspoonful of the compound tincture of gum guaiacum, and with ten to forty drops of laudanum. Flannel or cotton cloths may be dipped in very hot salt and water and applied to the pit of the stomach and over the bowels. Hot mustard water may be used. If, however, the complaint does not yield, use some of my cholera remedy, of which you will find the prescription in the article on the Asiatic cholera. Black-cherry brandy is excellent, and so is blackberry brandy. Take a little; do not urge medicines beyond what is necessary. Keep the patient quiet as possible, and get him into a free, full perspiration. After it is over, keep quiet a few days, and eat only very light food.

SMALL POX.

In speaking of this disease it will no doubt be as well to describe at first the proper method for its prevention.

Small Pox and Vaccination.

Small pox is one of the most fatal diseases known to man, and has prevailed in all countries, and with equal fatality. There are two great forms of small pox: one is, where the disease is taken by infection, or contact with the small pox itself. This is designated as taking it in the natural way, and is very fatal. The other form is where small pox is produced by the inoculation of small pox matter into the system. This was found to deprive the disease of nearly all its fatality.

The discovery of this modification of the disease is due to the Turks, and was brought from Constantinople to England by Lady Mary Wortley Montague. Its adoption soon became general, as fast as its benefits became known. In this country, from the time of the discovery of inoculation for small pox until as late as the year 1803, and perhaps a later period, in all of the towns of New England and in other parts of the United States, once in five or six years a hospital (then called "pest house") would be prepared at some retired place in the town. Sometimes several towns would unite in having a hospital common for them all. Here all persons, young or old, who had not had the small pox would be taken and inoculated for small pox, remaining in the hospital from four to six weeks, usually having a very short time, and very little sickness, with rare exceptions. For quite a length of time in this country it was a matter of earnest discussion whether it were not better to continue the practice of inoculation than to trust to the virtue of vaccination; but vaccination was found to be such a perfect preventer of small pox, that it was universally adopted, and inoculation for small pox ceased entirely, and, in many instances, was prevented by law.

Vaccination, or Cōw Pox.

The great discovery of vaccination, we all know, was due to Dr. Jenner. It was discovered that cows, exposed to the small pox, would have it very lightly, and persons taking it from the cows would never afterwards have the small pox. Within two years past, cases of cows taking the cow pox have been witnessed in this country.

How Vaccination should be Performed.

There are two modes of vaccination, which consists in inserting the vaccine matter under the scarfskin. One is, by lifting up a small point of the scarfskin, not penetrating so far into the true skin as to draw blood, and then introducing, under the scarfskin some of the vaccine matter, either in a liquid or solid form. If the cutting is so deep as to cause bleeding, inflammation and suppuration may take place in the wound before the vaccine matter can take effect, and thus the vaccination is rendered ineffectual in a great many cases.

The second mode of vaccination is, to puncture a small space on the skin with a needle, not penetrating deeply enough to draw blood, but only a slight moisture from the serum which will exude from the punctures ; the space should be the size of a small wafer, on this, the vaccine matter in a liquid form is dropped, and carefully rubbed in.

This is a very safe and effectual mode of vaccination, as, often, when using the lancet, the puncture is made too deep, as I have before noted. In about three or four days, when the vaccination takes effect, a small scab will begin to arise from the wound ; this scab is usually the size of a small wafer, nearly circular in form, the form depending considerably upon the form of the punctured spot, the scab gradually rising, until it is about one-tenth of an inch above the skin, the edges of it sharply defined, and the whole surrounded by a red inflamed circle, but which is not very extensive ; as the disease progresses, a yellowish-white circle is noticed around the edge of the scab, which conceals a deposit of lymph, of the consistence of very liquid honey, and almost as colorless as water,

This deposit takes place under the upper crust of the scab. The scab will be noticed as being pitted or indented a little in the centre, and of a brownish color. Usually, during the development of this disease, a little fever will be produced, but which soon subsides, some headache, a slightly increased heat of the system, and quickened pulse. After the scab is fully formed, somewhere from the seventh to the tenth day, it begins to dry up, and this lymph, or liquid matter, is more or less absorbed into the blood, and produces a second attack of fever, like the first, when the vaccine disease becomes complete and effectual. It is utterly essential to success that this lymph shall be absorbed into the system, thus rendering the person incapable of ever having the small pox. In about three weeks the scab falls off, leaving a peculiar scar, which remains permanent during almost the whole of the subsequent life.

Peculiarity of the Vaccine Scar.

The scar left after the scab falls off, is peculiar, and resembles no other scar. It has the appearance, and is about the size of the top of a lady's thimble, with little indentations like those on the thimble; between the indentations, and around them, the scar is soft and smooth, not hardened or knotted. Experienced physicians can tell by the scar, in almost every instance, whether the patient has had the true vaccine disease.

The Spurious Scar.

The scar left by spurious kine pox is always much larger than that left by the true kine pox; it has none of the thimble-like pits I have before noticed, but is smooth, oftentimes hard, somewhat knotted and swelled up in the centre.

Can a person ever, having had a true vaccine disease, operating through the system, have small pox? I do not believe there is a person living who has ever been known to have the small pox, except in form of varioloid, after having had the true vaccine disease.

Re-vaccination.

It is not necessary to ever be revaccinated, but, as a matter of safety, the patient may be revaccinated, at any time, to test the question of his ever having had the vaccine disease, because, if he has had the true vaccine disease, he will rarely have it a second time when revaccinated : its effect rarely runs out of the system.

Varioloid.

Some persons having had the vaccine disease, if exposed to the small pox, may take it in a modified form which is called varioloid, and a person having the varioloid may give true small pox to persons who have not had the vaccine disease ; but this varioloid is so very mild that it produces only slight fever, and develops only one to half a dozen pits or pocks. Cases have been known of persons who have had the small pox a second time, but this occurs in probably not more than one in 20,000 cases.

Obstructions to Having the True Vaccine Disease.

One of these, the most common, and almost the only one, is, after the scab has formed, and before the lymph is absorbed into the system, from some cause, accident or otherwise, the scab is rubbed off, and with it the lymph, and this makes the whole process a failure, and the person should be revaccinated.

How Vaccine Matter is Procured.

Vaccine matter is usually procured from the arms of healthy children ; either the fluid lymph is taken away, or the scab is allowed to dry, become complete and fall off. This mode of obtaining vaccine matter has been adopted until lately, when the vaccine matter is obtained by vaccinating young calves and taking the matter from them.

A question arises whether calves or cows, vaccinated with vaccine matter obtained from human beings, will produce per-

fect vaccine matter that will give the true vaccine disease ; or, should not these calves or cows be inoculated with small pox matter? My own opinion is that they should be inoculated with small pox matter, and thus the true cow pox be produced, under the same circumstances that it was discovered by Dr. Jenner, and which has proved so invaluable to mankind.

Spurious Vaccine Disease.

For the first twenty years after vaccination was introduced into this country, the physicians having overcome the objections to vaccination, and knowing that the disease must be perfect to make the system invulnerable to small pox, they were extremely careful in procuring the vaccine matter, and in the mode of vaccination, and in watching the progress of the disease, so that in every particular it should be perfect. Hence, during this period of about twenty years, it was scarcely supposed or suspected that vaccination could be ineffectual in preventing small pox. After a time it was discovered that there was such a disease as spurious kine pox, introduced by inoculating the system, not with vaccine matter, but with diseased pus, the effect of which was to produce a spurious disease vastly more severe than true vaccine disease, and wholly ineffectual in preventing small pox ; poisoning the system and producing sores, skin diseases, etc., lasting for many years. As an illustration I will give one case which is paralleled by all other cases of spurious vaccine disease.

CASE.—A few years ago a wealthy family of New York, in the summer, about leaving for the country, became aware that their route would lead through a district where small pox prevailed. All their children had been vaccinated except the youngest, a boy of about two years old. They sent to their family physician, but he had no vaccine matter, and they called in a physician who lived and practiced in a part of the city among indifferent people, and he vaccinated this boy with diseased matter. The consequence was a terribly sore arm, and very high fever, from which he recovered, but was subject to very bad sores and breaking out until he was fourteen years old, when he took small pox in the natural way and had it

very severely. This is an illustration, and may stand for nearly all cases of spurious vaccine disease. It may be set down that in all cases where, after vaccination, extensive swelling and high fever occur, the person will not have true vaccine disease.

In vaccinating calves or cows to obtain vaccine matter, the same care should be taken as in vaccinating a child, so as not to draw blood, or produce an irritation or soreness that shall supersede the true vaccine matter.

Hence it follows that any physician who can obtain small pox matter, may inoculate a cow on the bag, and in nine days be able to procure perfect vaccine matter, and in a liquid form, apply it on the skin with a scarificator stamp, size of a small wafer, and armed with about a dozen points, or pins, about one thirty-second of an inch long, which will perforate the scarf skin and about half through to the true skin. With matter in a liquid form, and such a scarificator, he could perfectly vaccinate five hundred persons in a day, and at once eradicate small pox from his vicinity.

SMALL POX.

This disease is highly contagious, and generally appears as an epidemic.

When a person is first attacked with it, the following symptoms are presented. Pain in the small of the back, or between the shoulders, weariness, headache, shivering, feverishness, and vomiting. From the third to the fifth day the skin becomes more or less covered with little red dots, which gradually enlarge, mature, and fill up with matter. The fever, which was at first high, is not now so severe, but about the eighth day after the eruption appears, when the pustules are fully ripe, the fever increases for a time, and then disappears, the pustules break, and discharge matter, which dries, and forms a scab, that falls off in a few days more, leaving a depression of the skin, or a pock-mark as it is called, unless proper care has been taken. The above is a description of the simplest form of small pox, where the pustules are totally distinct from each other on the skin. In the more severe form

the spots run into each other, and do not preserve their regular form; and this variety is known as confluent small pox, and is very dangerous, the commencement being more severe, and the secondary fever more violent, the eruption is more profuse and extended, the attack complicated with some affection of the air passages, and such great loss of strength from the force of the attack that the patient has not power to rally.

Treatment.

If a person who has not been vaccinated, or had small pox previously, and has been exposed to the disease, should present the symptoms described, it will be well to confine him to the house, and give at once a good dose of Cathartic medicine, so as to move the bowels freely. Let him be put to bed, and as much catnip or other herb tea given to him as he may want to drink. If the characteristic eruption of small pox appears, then proceed as follows:

Place the patient in a large well ventilated room, which must be free from drafts of air, and if it faces the east or south, and has large windows admitting plenty of sunlight, a great point in successful treatment is gained at once. Continue to give the herb tea, or lemonade, or ice broken in small pieces. Apply to the face, from the time the eruption first shows itself until it has entirely disappeared, three or four folds of soft linen, saturated with sweet oil or fresh lard.

Rub the chest of the patient with twenty drops of croton oil to the wineglassful of sweet oil, so as to produce a copious eruption on the parts, and continue to do so. This will prevent any congestion of the internal organs, and by localizing the eruption will prevent it from appearing to such an extent on the face. Keep the face at all times covered, and do not allow the patient to use his eyes, even to the extent of opening them, because, when the eyes are open and exposed to the light, pustules are apt to form on the eyeballs, and destroy the sight.

Itching may be allayed by sponging with saleratus water, or by applying sweet oil, or cold cream.

The food must be light and nutritious, and the patient's

bowels must be kept regular. Some good disinfectant must also be used in the patient's room, to remove the bad odor.

To prevent the face from being pitted, the pustules should be opened with a needle about the fifth day of the eruption, and the matter allowed to escape. This abortive plan will save the patient from being disfigured.

There is one peculiarity about true small pox that no other disease presents, and which goes far in reconciling the patient after his recovery, and this is, the complete removal of bad humors from the blood, and an improved state of health in every way.

Some patients in the first stages of consumption have been known to lose all trace of the disease after an attack of true small pox.

ASIATIC CHOLERA.

I need not describe this disease. One case never occurs alone. Single solitary cases are only cholera morbus. Asiatic cholera, usually termed cholera, never prevails except epidemically, and, of course, attacking many people.

Symptoms.

It usually gives its warning by one or more days of a slight diarrhoea of a watery, almost colorless, discharge, by which it differs wholly from cholera morbus, which never gives much warning. No pain attends the diarrhoea. After one or more days of diarrhoea, vomiting and purging begin, with sudden collapse or sinking of the system, which, if not relieved, soon terminates fatally.

Cholera has been in the United States only four times in thirty-four years. Only three periods of cholera were of much extent. Cholera usually appears in the warm season of the year, and rarely continues in any locality longer than twelve weeks. When cholera prevails, it is well known that those who live right seldom if ever have it; but any imprudence in living, exposure, excesses, overdoing, dissipation, or improper food, are almost certain to bring it on.

How to Avoid Cholera.

If possible or convenient, leave the cholera district and reside where the cholera does not prevail or exist. Take with you all you can, and twelve weeks of such seclusion and all danger or fear of cholera will be over. Never go to a cholera district or return to one you have left until the cholera has entirely ceased at least four weeks. Many have lost their lives by returning too soon to a cholera district.

During a whole cholera season live discreetly, wherever you are. Should you be obliged to remain where cholera is, do as follows. Keep yourself clean and all your premises where you reside, removing all nuisances and all filth of every kind.

Avoid taking cold; avoid all excesses and imprudences of every description. For breakfast, eat stale bread, also toast, good butter, and a little hashed meat, or beef-steak, mutton-chops, &c., and tea or coffee, if accustomed to use them. For dinner, well-cooked sound meat, well-cooked potatoes, bread, boiled rice, &c. For tea, same as breakfast, but no meat; and no supper at all.

What Not to Eat.

Eat no fruit at all, either cooked or raw. Eat no tomatoes, no corn, no cabbage, no raw vegetables of any kind. Eat no apple-dumplings, no shell-fish, no fresh fish, no smoked fish, or smoked meat, no bananas, no pine-apples nor oranges, no sweet potatoes, no nuts, no pastry, no hard-boiled eggs, and no heavy meals late in the day; no melons, no cucumbers, no pickles:—in fine, eat nothing that can disagree with your stomach; run no risks and make no experiments in your diet. I have seen a whole family swept away by one lobster.

Keep your bowels free by habit of daily evacuation. If necessary to this, you can chew a little rhubarb, but take no drastic physic, especially salts. My Biliary Corrector may be taken after each meal, so as to keep the bowels regular; avoid costiveness or drastic physic.

Never go to sea, or on any long voyage, in any ship or steamer that leaves a port where cholera prevails, as cholera is almost certain to break out on such ship or steamer. Cholera on ship-board is an awful disease.

Treatment of Cholera.

On the first show of cholera diarrhoea, if you have been exposed to cholera, or are in a cholera district, put one tablespoonful of common salt into a tumbler, half a pint of hot water, and one teaspoonful of ground red pepper; drink this off; in a few minutes it will vomit you freely. This will, in nearly all cases, break up the cholera. Live on gruel three days, and you will be well.

If the cholera goes on, take three drops of camphorated spirits every fifteen minutes, and also a little brandy. Take every measure to keep warm, and lie as still in bed as you can. I give you here a cholera remedy which is most admirable. Use it when you can get it.

Perfect Cholera Remedy.

<i>Recipe.</i> —Gum Camphor.....	1 oz.
Laudanum.....	1 oz.
Red Pepper.....	1 oz.
Oil of Spearmint.....	$\frac{1}{2}$ oz.
Oil of Cinnamon.....	$\frac{1}{2}$ oz.
Oil of Cedar.....	$\frac{1}{2}$ oz.
Oil of Hemlock.....	$\frac{1}{2}$ oz.
Alcohol	12 oz.

Mix.

Directions.—Take fifteen drops to a teaspoonful in a wine-glass to a gill of hot water often, until relieved.

No one, travelling or resident where cholera is found, should be without this remedy: it is excellent.

If you have eaten any offending substance whatever that might hurt you, take a good portion of stimulating physic, such as my Biliary Corrector, in large doses, or my pills, or any good stimulating physic, and keep quiet for a day or two. Do not in a cholera district be afraid to take a little stimulating physic, so as to keep the bowels, stomach and liver free, and not loaded at all; but do this, above all, if you have eaten any of the forbidden articles, or any bad, indigestible, or fermentable or acid food, or if you have overloaded your stomach and feel symptoms of stomach or bowel disturbances.

Is Cholera Catching?

Answer yourselves this question. Are you more liable to have cholera where it is, or where it is not? If you are more liable to take it where it is than where it is not, then in that place it is, in some degree catching.

After recovery from cholera, avoid a relapse as you would death itself. But for a relapse use the remedies you used for the first attack.

To the foregoing on cholera, I append the directions and experience of the Rev. Cyrus Hamlin, who has been for many years a resident in Constantinople, as a missionary of the American Board of Commissioners for Foreign Missions. His remarks on the use of injections where vomiting takes place are excellent. His whole directions are worthy of great confidence.

* * * "Having been providentially compelled to have a good degree of practical acquaintance with it, and see it in all its forms and stages during each of its invasions of Constantinople, I wish to make my friends in Maine some suggestions, which may relieve anxiety or be of practical use.

"1st. On the approach of the cholera, every family should be prepared to treat it without waiting for a physician. It does its work so expeditiously that while you are waiting for the doctor it is done.

"2d. If you prepare for it it will not come. I think there is no disease which may be avoided with so much certainty as the cholera. But providential circumstances or the thoughtless indiscretion of some member of a household may invite the attack, and the challenge will never be refused. It will probably be made in the night, your physician has been called in another direction, and you must treat the case yourself, or it will prove fatal.

"3d. *Causes of attack.*—I have personally investigated at least a hundred cases, and not less than three-fourths could be traced directly to improper diet, or to intoxicating drinks, or both united. Of the remainder, suppressed perspiration would comprise a large number. A strong, healthy, temperate laboring man had a severe attack of the cholera, and after the danger had passed I was curious to ascertain the cause. He had been cautious and prudent in his diet. He used nothing intoxicating. His residence was in a good locality. But after some hours of hard labor and very profuse perspi-

ration, he had lain down to take his customary noon nap, right against an open window through which a very refreshing breeze was blowing. Another cause is drinking largely of cold water when hot and thirsty. Great fatigue, great anxiety, fright, fear, all figure among inciting causes. If one can avoid all these, he is as safe from the cholera as from being swept away by a comet.

"4th. *Symptoms of an attack.*—While cholera is prevalent in a place, almost every one experiences more or less disturbance of digestion. It is doubtless in part imaginary. Every one notices the slightest variation of feeling, and this gives an importance to mere trifles. There is often a slight nausea, or transient pains, or rumbling sounds, when no attack follows. No one is entirely free from these. But when a diarrhoea commences, though painless and slight, it is in reality the skirmishing party of the advancing column. It will have at first no single characteristic of the Asiatic cholera. But do not be deceived. It is the cholera, nevertheless. Wait a little, give it time to get hold, say to yourself, 'I feel perfectly well, it will pass off,' and in a short time you will repent of your folly in vain. I have seen many a one commit suicide in this way.

"Sometimes, though rarely, the attack commences with vomiting. But, in whatever way it commences, it is sure to hold on. In a very few hours the patient may sink into the collapse. The hands and feet become cold and purplish, the countenance, at first nervous and anxious, becomes gloomy and apathetic, although a mental restlessness and raging thirst torment the sufferer while the powers of life are ebbing. The intellect remains clear, but all the social and moral feelings seem wonderfully to collapse with the physical powers. The patient knows he is to die, but cares not a snap about it.

"In some cases, though rarely, the diarrhoea continues for a day or two, and the foolish person keeps about, then suddenly sinks, sends for a physician, and before he arrives 'dies as the fool dieth.'

"COURSE OF TREATMENT.

"1. *For stopping the incipient diarrhoea.*—The mixture which I used in 1848 with great success, and again in 1855, has during this epidemic been used by thousands, and although the attacks have been more sudden and violent, it has fully established its reputation for efficiency and perfect safety. It consists of equal parts by measure of one part each of laudanum and spirits of camphor, and two parts of tincture of rhubarb. Thirty drops for an adult, on a lump of sugar, will often check the diarrhoea. But to prevent its return care

should always be taken to continue the medicine every four hours in diminishing doses, twenty-five, twenty, fifteen, ten, nine, when careful diet is all that will be needed.

"In case the first does not stop the diarrhœa, continue to give increasing doses—thirty-five, forty, forty-five, sixty—at every movement of the bowels. Large doses will produce no injury while the diarrhœa lasts. When that is checked, then is the time for caution. I have never seen a case of the diarrhœa taken in season which was not thus controlled, but some cases of the advanced diarrhœa, and especially of relapse, paid no heed to it whatever. As soon as this becomes apparent, I have always resorted to this course. Prepare a teacup of starch, boiled as for use in starching linen, and stir into it a full teaspoonful of laudanum for an injection. Give one-third at each movement of the bowels. In one desperate case, abandoned as hopeless by a physician, I could not stop the diarrhœa until the seventh injection, which contained nearly a teaspoonful of laudanum. The patient recovered, and is in perfect health. At the same time I used prepared chalk in ten-grain doses with a few drops of laudanum and camphor to each. But whatever course is pursued must be followed up, and the diarrhœa controlled, or the patient is lost.

"2d. *Mustard poultices*.—These should be applied to the pit of the stomach, and kept on until the surface is well reddened.

"3d. The patient, however well he may feel, should rigidly observe perfect rest. To lie quietly on the back, is one-half the battle. In that position the enemy fires over you, but the moment you rise you are hit.

"When the attack comes in the form of diarrhœa, these directions will enable every one to meet it successfully.

"4th. But when the attack is more violent, and there is vomiting, or vomiting and purging, perhaps also cramps and colic pains, the following mixture is far more effective, and should always be resorted to. The missionaries, Messrs. Long, Trowbridge, and Washburn, have used it in very many cases, and with wonderful success. It consists of equal parts of laudanum, tincture of capsicum, tincture of ginger, and tincture of cardamom seed. Dose, thirty to forty drops, or a half-teaspoonful in a little water, and to be increased according to the urgency of the case. In case the first dose should be ejected, the second, which should stand ready, should be given immediately after the spasm of vomiting has ceased. During this late cholera siege no one of us has failed of controlling the vomiting, and also the purging, by, at most, the third dose. We have, however, invariably made use of large mustard poultices of strong pure mustard, applied to the stomach, bowels, calves of the legs, feet, &c., as the case seemed to require.

"*Collapse*.—This is simply a more advanced state of the

disease. It indicates the gradual failing of the powers of life. It is difficult to say when a case has become hopeless. At a certain point the body of the patient begins to emit a peculiar odor, which I call the death-odor, for when that has become decided and unmistakable, I have never known the patient to recover. I have repeatedly worked upon such cases for hours with no permanent result. But the blue color, the cold extremities, the deeply-sunken eye, the vanishing pulse, are no signs that the case is hopeless. Scores of such cases in the recent epidemic have recovered. In addition to the second mixture, brandy (a tablespoonful every half-hour), bottles of hot water surrounding the patient, especially the extremities, sinapisms and friction, will often in an hour or two work wonders.

"Thirst.—In these and in all advanced cases, thirst creates intense suffering. The sufferer craves water,* and as sure as he gratifies the craving, the worst symptoms return, and he falls a victim to the transient gratification. The only safe way is to have a faithful friend or attendant who will not heed his entreaties. The suffering may be, however, safely alleviated and rendered endurable. Frequent gargling the throat and washing out the mouth will bring some relief. A spoonful of gum arabic water or of camomile tea may frequently be given to wet the throat. 'Lydenham's White Decoction' may also be given both as a beverage and nourishment in small quantities, frequently. In a day or two the suffering from thirst will cease. In a large majority it has been intense for more than twenty-four hours.

"Dist.—Rice-water, arrow-root, Lydenham's White Decoction, crust water, camomile tea, are the best articles for a day or two after the attack is controlled. Camomile is very valuable in restoring the tone of the stomach.

"The Typhoid Fever.—A typhoid state for a few days will follow all severe cases. There is nothing alarming in this. It has very rarely proved fatal. Patience and careful nursing will bring it all right. The greatest danger is from drinking too freely. When the patient seemed to be sinking, a little brandy and water, or arrow-root and brandy have revived him. In this terrible visitation of the cholera, we have considered ourselves perfectly armed and equipped, with a hand-bag containing mixture No. 1, mixture No. 2 (for vomiting, &c.), a few pounds of pounded mustard, a bottle of brandy, and a paper of camomile flowers, and a paper of gum arabic.

"I lay no claim to originality in recommending this course of treatment. I have adopted it from suggestions of able and experienced physicians. Having been the only doctor of many poor families living near me, I have tried various remedies recommended by physicians, but I have found none to be as

* Query, coldwater?

all compared with the above. During the recent cholera, I cannot find that any treatment has been so successful as this.

"*Contagion*.—The idea of contagion should be abandoned. All the missionaries who have been most with the malignant cases day after day, are fully convinced of the non-contagiousness of the cholera. The incipient attacks, which all have suffered from, are to be attributed to great fatigue, making the constitution liable to an attack.

"Yours, truly,
"C. HAMLIN."

In the Matter of the Asiatic Cholera.

I omitted to say, in its place, that excessively hot water baths are excellent, raising the heat as high as the patient can bear, and keep it so by continually adding hot water. Keep in until the patient is better. Salt may be freely put in these baths.

The patient may also drink very hot tea, as hot as he can bear it. The tea may be made very strong with spearmint, peppermint, the leaves of cedar, pine, spruce, or of the hemlock tree, poppy-leaves, or any of the stimulating bitter garden herbs or roots. A few drops of spirits of camphor may be put in the drinks. Let him drink as much as he pleases of these very hot drinks—not to be bold or tepid on any account.

The cholera remedies may be put in the drinks. After each turn of vomiting, take a full drink of tea, so as to wash out the stomach freely. If the patient gets much exhausted, put with his drinks as much chicken water, or soup, without any bits of meat or vegetables in it, or very little rice flour or starch may be put in and well boiled as you please.

In the matter of injections and mustard poultices, do as directed by Mr. Hamlin.

Brandy may be put freely in the hot drinks.

I think Mr. Hamlin, in forbidding water, intended to mean cold water.

SEA-SICKNESS.

This complaint is too well known to require description. It is usually very curable. I give a recipe for a remedy I have usually found all that is necessary for a cure; obtain it, and follow the directions:

Tinct. Guaiaci Composita..... 3M.

“ Veronic Virginica (Pulvis),

“ Jalapa (Pulvis),

“ Rhei (Pulvis),

“ Senna fol. (Pulvis),

“ Spiritus Mentha Viridis..... 3M.

Aqua Calcis..... Oi.

Mix. Dose is one tablespoonful every six hours until wholly well.

BURNS.

The treatment of burns is very easy, if understood. Numbers perish or suffer dreadfully by burns, who could have been at once relieved. I will mention a few things which are perfect; you may use them with confidence. You need look no further, as any one of these will cure burns.

Treatment.

At the instant of the burn, cover the part with very cold or ice water, or snow, for a short time. A poultice of Indian meal and buttermilk, to thickly cover the whole burn, is most excellent. It stops the pain in a few minutes, or, at any rate, in a little while, and all will be lulled to rest. Keep this on two or three days until the burning and heat and inflammation are all gone, and then you may dress it with a salve made of beeswax and lard, or sweet oil; make it so as to be soft and pleasant and not irritating. If the lard or sweet oil are rancid, they may make the salve or ointment acrid and irritating, and so inflame the parts. Spread the salve on soft cloth, cotton, &c.

Leek, Garlic or Onion in pure lard is excellent for burns.

Wood-Soot and Lard.

This is one of the best preparations for a burn known, however extensive it may be. The soot should be rubbed perfectly fine, and then carefully mixed with the lard—one full table-

spoonful of soot to three tablespoonfuls of fresh or sweet lard. Mix it perfectly together, and spread it on fine cotton cloths, the softer the better. If the burn is extensive, as on the limbs, extremities, &c., then tear the cotton cloth into strips, two and a half to three inches wide, and spread the ointment on these, and apply it carefully so as to cover all the parts perfectly, without any wrinkle, and utterly prevent all folds of the skin, or two opposite surfaces falling together, as if they do, they will grow together. If two or more fingers or toes are burned or scalded, in dressing the part, put the dressing between each finger or toe, and keep it there on the cloth, so that the fingers may not grow together in healing; and do this with all surfaces that might grow together. This dressing may be kept on until the parts are perfectly well. It may be removed if you wish to take it off, &c. You can spread fresh and put it on again. You will find it a most reliable and excellent preparation. It takes out pain and soothes, often in ten minutes. If scalded all over, this is one of the best preparations I ever knew. White-lead paint, as prepared by the painter to use and ready to use, is also admirable for a burn. It may be put on with the paint brush and be at once most efficacious.

BRUISES.

Frequently children and grown persons get bruised, &c. The best remedy is to put the bruised part in ice, and keep it in ice, or, if you cannot put it in ice, put it in ice-water frequently changed, so as to keep the bruised part very cold. Do this until all the pain has left, and then wrap it up in a soft cloth wet in laudanum or tincture of arnica, and keep it on until well, which will be soon. In all cases of bruises on the face or about the eyes, put on at once a piece of ice and keep it on for some hours until all the swelling or pain is gone; then put on a cloth wet and kept wet in spirits of camphor. Do this, and in a day or two all stain of a bruise will be gone.

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These exceedingly valuable remedies have been sold during the last thirty years in every town and village of the United States, and large quantities have been exported to satisfy the foreign demand. A world-wide reputation has been gained for them on their merits alone, and thousands of persons have used them with unvarying success in long-standing cases of Consumption, Heart Disease, Asthma, Bronchitis, Dyspepsia, Liver Complaint, etc. The proprietors, Drs. S. S. Fitch & Son, of 714 Broadway, New York, still prepare these remedies from Dr. Samuel Sheldon Fitch's original recipes, and guarantee every bottle sold to be in every respect as represented. They are for sale at Dr. S. S. Fitch's offices, No. 714 Broadway, New York, and No. 25 Tremont Street, Boston, Massachusetts; also by E. B. Richardson & Co., of 215 State Street, New Haven, Connecticut, who are the General Agents for the United States. All first-class druggists have them on hand, or will order them at any time, if requested to do so.

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All Irregular Action—Fluttering, Jumping, Throbbing, Momentary Stopping of the Beating of the Heart, Sluggish Circulation of the Blood, Nightmare, Heavy Oppressed Feeling in the Left Breast and Side,
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ANTI-BILIOUS MIXTURE,

FOR THE RELIEF AND CURE OF

Sick Headache, Costiveness, Rush of Blood to the Head,
Diarrhoea, Billousness, Kidney Complaints, Jaundice,
Dropsy, Indigestion, or Dyspepsia, Worms, Etc.

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For long standing Coughs and Colds. Per Bottle, \$1.00,
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Per Bottle, 50 cents.
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For every form of Dyspepsia, this is the standard remedy.
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- Dr. S. S. Fitch's Depurative Syrup.**
For all Skin Diseases, and the Diseases arising from Impure Blood. Per Bottle, \$1.00.
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For all humor in the Blood, Salt Rheum, all Skin diseases, all humors settled on the face, or on or in the Nostrils, Throat, Windpipe, Lungs, Stomach, Heart, Liver, Bowels, Kidneys, Womb, Scalp, &c.; Cancer, Erysipelas, Bronchitis, Rheumatism, acute or chronic, Neuralgia, Hives, Nettlerash, Miliary Eruptions, burning and itching on the Face or anywhere; preternatural heat or fever in the system anywhere; all running sores, swelled joints, running from the ears; all internal or external sores, Scrofula, Goitre, and all Glandular Swellings; Sick Headaches, Biliousness, Sore Eyes and Catarrh. Price 50 cents per Bottle. Six Bottles for \$2.50. One dozen, \$4.50.

REMOVES TAN, SUNBURN, FRECKLES,



AND ALL ERUPTIONS ON THE SKIN.

This preparation is the only one of its class which is prepared from a Physician's Prescription, and of which a bona-fide analysis accompanies each bottle as a guarantee of its Purity and Genuineness.

Prof. S. Dana Hayes, State Assayer and Chemist for Massachusetts, who analyzed the Queen's Toilet, says :—This is a purely vegetable preparation, free from poisonous metals or injurious substances of any kind ; and is composed of ingredients having known emolient and healing properties.

PRICE, ONE DOLLAR PER BOTTLE.

The Queen's Toilet, when applied to the skin, renders it fair, smooth and soft, while at the same time its use cannot be detected. Some preparations now in the market make the face look as if it had been whitewashed, and such preparations are very injurious, as they close up the pores of the skin and render it dry and harsh.

PREPARED FROM DR. S. S. FITCH'S ORIGINAL PRESCRIPTION, BY

Drs. S. S. FITCH & SON, 714 Broadway, N. Y.

For sale at 714 Broadway, New York ; 25 Tremont Street, Boston ; also sold by E. B. Richardson & Co., 215 State Street, New Haven, Connecticut, and all first-class druggists.

DR. S. S. FITCH'S
MECHANICAL REMEDIES
AND APPLIANCES.

DR. S. S. FITCH'S
Abdominal Supporters.



Front View of Supporter.



Back View of Supporter.

**For the relief and cure of all forms of Female
Weakness, Falling or Displacement of the
Womb or Bowels, Chronic Costiveness,
Piles, Pain in the Back and Hips,
Weak Back, etc., etc.**

**These Instruments have been in use over twenty years, and
have received the unanimous endorsement of the Physicians**

in every section of the country, as being the best Instruments of the kind ever invented. They are designed to support the abdomen and its contents, by a perfectly equalized pressure inwards and upwards. In all the various forms of Female Weakness, where a Supporter could possibly be used, we have seen these Instruments thoroughly tested and found successful in nearly every case.

The special advantages they possess are their lightness, for they weigh only from six to eleven ounces, according to the difference in sizes; the springs passing over the hips are not simply bent but are cut with an irregular die and curved, as shown in the engraving, so as to fit the person like an elastic band, thus preventing great annoyance by undue pressure at any point; the back pads also cannot exert any pressure on the spine. The sizes of the Supporters range as follows:

Plain Supporters, from No. 1 to No. 6,	^{EACH} \$5.00
Plated " " " " 12,	8.00

To ensure a fit in sending for these Instruments, give the height and weight of the person and their size around the waist, two inches above the hip bones. We have no plain Supporters larger than thirty-five inches. The plain Supporters are covered with plush and the springs are of polished steel. The plated Supporters are covered with fine white kid and the springs are silver plated; the only difference between the quality of the two styles being better appearance, and a greater security from rust in favor of the Plated Supporters.

These Instruments are invaluable in preventing miscarriage, and when worn after confinement they are a perfect safeguard against falling of the womb, which so often occurs at that time.

They can be sent by mail to any part of the United States on receipt of the price and directions mentioned above, with seventy-five cents extra to prepay postage and registering. Ask your Physician or Druggist for them, or apply direct to

DRS. S. S. FITCH & SON,

714 BROADWAY, NEW YORK CITY.

Beware of Imitations of our Supporters, as none are genuine unless they have **DRS. S. S. FITCH & SON, 714 Broadway, New York, Stamped IN FULL on the front plate.**

DR. S. S. FITCH'S
PATENT SILVER-PLATED COMBINATION PAD
RUPTURE SUPPORTER TRUSS.



FRONT VIEW.



REAR VIEW.

FOR THE RELIEF AND RADICAL CURE OF HERNIA.

This instrument of which many thousands have been sold during the last twenty years, was first used by Dr. S. S. Fitch in his private practice, and was designed for the relief and cure of Scrotal, Inguinal or Femoral Ruptures. Being a combination of a supporter and a rupture truss, it possesses the great advantage of holding the bowels themselves so that they cannot press downward, while at the same time it keeps the rupture in place. It is made so as to give no annoying pressure anywhere. No part of it crosses the back; it supports the whole abdomen, thus avoiding the danger of a second rupture where there is but one, and supporting both perfectly where there are two. It has an *upward* as well as *inward* pressure, thus imitating the action of the hand, and rendering a less degree of pressure requisite to hold the rupture than where the pressure is only directly inward, as is the case with other trusses.

This special feature, which no other rupture truss possesses, has placed this instrument far ahead of any other article of its kind, and renders it the very best Truss that can possibly be used for the scientific treatment of all forms of HERNIA.

To insure a perfect fit, send the height and weight of the patient, and the size round on a line with the rupture. Also say on which side the rupture is situated, or if there are two ruptures.

These instruments are covered with fine white kid, and have the side and back springs and the rupture pads heavily plated with silver.

Price of Single Rupture Supporter Truss, - \$10

" Double " " " " - 12

They can be packed and sent to any address by express.

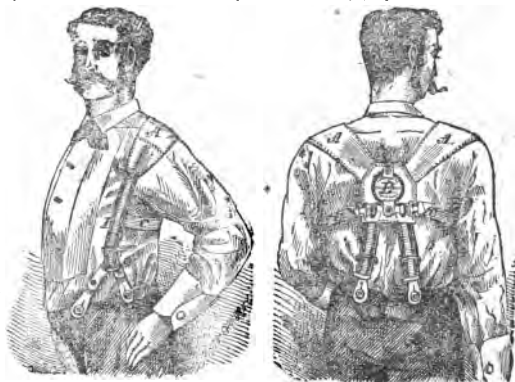
Send money by Post Office Order or Registered Letter, and give the full name, post office, town, county and State.

Address,

DRS. S. S. FITCH & SON,

714 Broadway, New York.

DR. S. S. FITCH'S SHOULDER BRACES.



These braces are exceedingly efficient, while at the same time, they are worn without annoyance. Being furnished with a flexible metal spring in the back, to which the straps are

attached, they do not lose their elasticity as do those which are made of india rubber, and are therefore much more durable ; and while they yield to pressure sufficiently to permit the shoulders, arms and chest, to be moved at will, with ease, they, at the same time, act continually to keep the chest erect, to hold the shoulders back, and effectually prevent stooping. They are made to perform the office of both shoulder braces and suspenders. All persons who are inclined to stoop or have weak lungs should wear these braces, particularly those who belong to consumptive families. They should be worn by all sedentary persons, students, children at school, clergymen, lawyers, literary men, and others whose occupations oblige them to sit or stoop.

Prices, \$3.00, or sent by mail to any address registered for \$3.35.

Apply, giving height, and size around the chest just below the arm pits, to

DRS. S. S. FITCH & SON,

714 BROADWAY, NEW YORK.

**DR. S. S. FITCH'S
INHALING TUBE.**



This handy little instrument is used for expanding and permanently enlarging the chest, and is intended for persons who are predisposed to consumption, or who have a narrow, flat and contracted chest. To all such it is extremely valuable, as it makes the lungs and chest larger, and the voice clearer and fuller. It is made of pure silver, and is small enough to be carried in the pocket when not in use.

The price is \$3.00, or they can be sent to any address by mail registered, for \$3.15.

It should not be used where bleeding from the lungs has occurred, without first applying to us and giving full statement of case.

ADDRESS,

DRS. S. S. FITCH & SON,

714 BROADWAY, N. Y.

Consumption can be Cured!

Number of Case, 41,497, B.

*West Farmington, Oakland Co.,
Michigan, March 25, 1874.*

DRS. S. S. FITCH & SON,

Dear Sirs :

With a grateful heart, I tell the public what a wonderful cure has been effected in my case; through the use of your remedies, and the blessing of God.

I will give particulars, as near as I can recollect; for, (because of its *terribleness*,) I have tried to forget into what a depth of pain and suffering I had been plunged.

The last of March 1866, my husband brought in and read to me one of your almanacs, and immediately wrote to you for remedies. On the 5th day of April I began their use, with the firm decision that if *you* could not assist and relieve me, there was no hope in my case. In January, 1865, I had taken cold, after having a severe attack of Diphtheria, which settled on my right lung, in the form of an abscess. For months I lay nearly as one dead, under the care of two and sometimes three physicians, who said there were ninety-nine chances for me to *die*, where there was one for me to live.

The Doctor lanced the abscess; it discharged enormously at the time and continued to discharge freely until I began the use of your remedies. Before it was lanced I had a terrible cough, and raised a great deal of matter, which reduced me to a mere skeleton; as the doctor said, I could not be any poorer, and every hour my friends expected would be *my last*.

At the time I commenced the use of your medicines, I had a continual hectic fever, with night sweats, and very badly swollen hands and feet, with no use of my right hand and arm, and my right lung sunken so that I could put my fist in, and my collar-bone sunken out of sight and feeling. For fifteen months there had been a total suppression of the

monthly sickness, and no passage from the bowels for a week at a time, and then attended with excruciating suffering.

The little strength I had, was obtained from the use of powerful stimulants; the heart, stomach and kidneys were very much deranged. For about six weeks, there was no change perceptible, but in about three months, some favorable symptoms appeared. From that I took heart, and more faithfully and perseveringly made use of all the remedies, and *strictly* followed all the directions for out-door exercise, expanding my lungs, and so forth.

Your "Lectures on Consumption," have many a time prompted me to exertion, and revived a hope that had almost died within me. It has taken long years of persevering effort in connection with these means, to place me again in the paths of pleasant useful health which I now enjoy.

My lung began to heal gradually from the bottom, and my ribs (which the Doctor said must be taken out,) grew strong and well, and the discharge which now came *only* from the top of my lung, grew less and less, and my nervousness, hectic fever, night sweats and swelled joints, gradually disappeared, and my flesh and strength increased, until last Thanksgiving day, the discharge ceased entirely and my lung was healed: and now I stand perfectly erect, and my right side is filled out nearly even with the other. My health and strength is nearly perfect, and I have not lost a meal in over a year. Now having passed through the two most trying months of the year, I can do an average day's work and sleep all night, as a child. I have not had a cold this winter, and use no stimulants whatever.

I feel like urging every Consumptive to make use of your remedies, for it has been clearly proven in my case, that *Consumption can be cured!*

Very gratefully, yours,

MRS. L. C. SMITH.

To Drs. S. S. FITCH & SON,

714 Broadway, New York.

THE INHALING TUBE.

I have already alluded to the very great importance of securing a large chest and fully expanded lungs, if we would hope either for the prevention or cure of Consumption: in fact, if we expect to escape from the effects of Pulmonary disease of any character to which we may be exposed or liable. But this subject cannot be too often pressed upon the attention of the reader, and I would here refer to it again, and in connection with it recommend the use of the *Inhaling Tube*.

Whenever there is weakness of the lungs from whatever cause, or any tendency to disease there, there is always a disposition on the part of the invalid to "favor" the lungs, to stoop the shoulders, contract the chest, and take short breaths. This usually takes place unconsciously. But in some instances, patients have an impression that the less motion there is in the lungs, the more likely they are to get well. They, therefore, purposely breathe as little as possible: this is, of course, all wrong. The lungs were designed for action—motion is their natural state, and instead of disease being cured or prevented, it is almost sure to be induced if the full free play of the lungs is in any degree impeded. Besides, all the vigor and vital force in the system is derived from the air received through the lungs. When the chest becomes contracted, the lungs folded up or compressed, and the breathing short, less vital air is received into the system than is demanded. Of course, the whole system then suffers, the strength declines, the flesh wastes, the blood becomes impure, the digestion is impaired, the nerves are weakened, and above all, the lungs themselves suffer from the mischievous influences of this deprivation of air. When, on the contrary, the lungs are kept expanded, when the figure is erect, the chest large, and the breathing deep and full, then the blood is perfectly aerated, every organ is imbued with vigor, the great processes of life go on regularly, the digestion and nutrition are healthfully carried forward, the nerves are strong, a fine life pervades the lungs, and the whole system is maintained in a state of *health*.

When the importance of deep breathing is properly understood, most persons may do much towards securing a large

fine chest and perfect lungs by voluntary efforts at full respiration, by forcibly taking long, deep breaths, holding the air an instant in the lungs, and then letting it slowly escape. This should be done many times a day, and continued until the lungs are fully expanded, and the habit of full deep breathing is established. There are many, however, who cannot well forcibly inflate the lungs thus, without some artificial assistance, and *all* are aided by it if properly contrived. For this reason, the **INHALING TUBE**, originated by Dr. Ramage, an English physician, and improved by myself, is of the greatest service in expanding the contracted chest and lungs, in arresting disease where it has already invaded the lungs, and in preventing diseased lungs in those inclined to Consumption. In the treatment of Consumption it is all but indispensable. Where there are deposits of tubercles, or where there is ulceration, there is almost invariably established a habit of slight breathing, the breath being short and feeble. To break this habit up, and furnish the lungs with a constant full supply of pure air, an effort is requisite, which will not be made unless there be some aid given. This aid, the **INHALING TUBE** furnishes; it is a convenient little silver instrument, so contrived that the air passes freely through it into the lungs on inspiration, and then, by the closing of a valve, passes out less readily, requiring some force to expel it. This forcible expiration of air presses it deeply into the lungs, it penetrates every portion of them, unfolding those portions that have become collapsed or folded up, forcing open those tubes and cells that are closed by the secretions that have taken place, contributing to cleanse out the sores and ulcers, aiding the expectoration of the mucus, pressing together the walls of the cavities that may exist, promoting the absorption of tuberculous matter, preventing the further deposit of tubercles, by quickening the circulation of the blood and purifying it, and by cleansing the surface and thinning the walls of all the air tubes and cells. It is designed to be used three or four times a day, from five to thirty minutes at a time, and with more or less force—from little more than a natural breath to nearly all the force the patient can exert, according to his condition and strength. There have been instances, in which persons most undeniably in true

Consumption have been restored to health by the simple use of this tube with bathing and exercise in the open air.

While it is thus valuable as a means of *curing*; it is not less so as a means of preventing Consumption. I wish I could impress upon every person in Christendom who is inclined to Consumption, who has weak lungs, or who belongs to a Consumptive family the importance of forcibly expanding the lungs by the use of an Inhaling Tube, and induce them thus to *adopt* its use and continue it through life. I am persuaded, that if I could do this, we might hold a day of Jubilee, that the day of redemption from this monster scourge had dawned.

It is not alone in diseases of the lungs that the INHALING TUBE is valuable: there are thousands of persons who suffer from nervousness, lassitude, feebleness, decline, dyspepsia, deranged liver, headache, costiveness, palpitation of the heart, or some other annoying ailment, whose troubles grow out of an insufficient supply of air: they may be sedentary people who exercise but little, and therefore breathe but little, or they may have acquired contracted chests and diminished lungs. Now, all such people would find great relief most promptly by the use of the INHALING TUBE. (See page 73 of this book.)

SHOULDER BRACES.

It is hardly necessary for me to recommend the use of shoulder braces or point out their advantages. They have now come so much into use, and their value in all cases where there is a disposition to stoop is so obvious and has been so completely demonstrated, that the stupid prejudice which they encountered when I first advocated their employment in my public lectures, nearly thirty years ago, has well nigh disappeared. Shoulder braces should, of course, be so constructed as to be efficient in holding the shoulders back from resting down on the chest, while at the same time they may be worn with ease and cause no annoyance.

All persons who have any tendency to stoop, or to throw the shoulders forward, and by this means contract the chest, thus diminishing the capacity of the lungs and impeding the action of the heart; those who suffer pain in the chest, in the

shoulders, sides, or back, under the shoulder blades, or between the shoulders, will find vast benefit in wearing well constructed shoulder braces. Those who sit much,—clerks, bookkeepers, office lawyers, secretaries, clergymen while writing their sermons, students whether at school or in their own study-rooms, women who sew much; in fact, all whose occupations may lead them to stoop if in the slightest degree inclined to do so, should by all means wear shoulder braces.

In the treatment of almost every form of pulmonary disease, and especially in tubercular Consumption, we can rarely dispense with their use. Here, there is in every case a tendency to a contraction of the chest and a stooping of the shoulders, and however the patient may be admonished to struggle against it, he will not resist the tendency without some artificial assistance. He must put on shoulder braces: these, if made and worn right, will correct the habit of stooping, and in connection with the INHALING TUBE aid him very much in securing an expanded chest, and thereby a restoration to health. (See page 72.)

ABDOMINAL SUPPORTERS.

In my remarks upon the causes of Pulmonary Consumption in previously published works, I have observed that falling of the bowels by the relaxation of the abdominal belts or muscles, is a frequent cause of weak lungs, short breath, and a sinking exhausted feeling at the pit of the stomach, which may occur in all debilitated persons at all ages and in both sexes. In a great many of these persons there is weakness in the loins, and in the lumbar region or small of the back, accompanied often with pain in the back when walking or riding, and every jolting motion becomes difficult or impossible. This is especially the case with ladies who are delicate and who experience falling of the womb. In many cases after parturition the abdominal belts do not resume their natural firmness and tenseness, but become relaxed, and hence result *prolapsus uteri* and falling of the bowels. If in this condition, the female is in any manner predisposed to Consumption, the lungs are extremely apt to become affected. Hence it is, that women who are consumptive often experience immediately

after confinement, a great increase of their consumptive symptoms; shortness of breath being frequently a prominent symptom: and this is owing to extreme relaxation of the abdominal belts or muscles, which relaxation is the occasion of the falling of the bowels, and the consequent removal of the support from beneath the diaphragm or floor of the lungs. To remedy this as far as practicable, I recommend full support to the bowels and small of the back by the use of a suitably adjusted *Abdominal Supporter*. The Supporter which I employ, is fully described on pages 69 and 70 of this book.

In the course of my practice I have known many who have been confined to their beds for months and unable to walk, from falling of the bowels, soon restored to usefulness and active health by the use of a well adjusted abdominal supporter.

Sometimes the first application of an abdominal supporter may create or develop very considerable tenderness, soreness, or heat in the abdomen. In these cases the use of the instrument should not be neglected altogether, but it may be laid aside occasionally for a few hours;—its use should be persevered in, and gradually the soreness and heat will be overcome. The patient may at first be unable to wear it more than one or two hours each day, and it may be necessary to wear it over several articles of dress, to decrease its direct pressure. Bathing the abdomen at intervals each day with salt and water or some alcholic liquors, or wearing a wet compress upon the bowels every night, and perhaps rubbing some liniment upon them, will usually, in a short period of time, remove in those parts all tenderness occasioned by the use of the supporter. When these objections to the abdominal supporter are overcome, the patient will generally acknowledge its inestimable value—he finds it a perfect life preserver, and sometimes he can find no words to express his appreciation of its merits.

Dyspeptic Pulmonary Consumption.

True pulmonary consumption, in persons having any predisposition to it, not unfrequently originates from derangement of the stomach, or some disorder of the digestive system,

The dyspepsia which thus results eventually in disease of the lungs, often commences with a sinking, exhausting, all gone feeling at the pit of the stomach. Sometimes this feeling extends up on both sides to the collar-bones. The sensation is often most prostrating. The appetite is usually capricious, being either very poor or very craving. The food sours on the stomach, and often rises up in a sour water. Frequently, severe pains are felt at the pit of the stomach, or in that region, sometimes extending up into both sides of the breast, under both nipples, and sometimes going directly through to the spine, between the shoulders, behind the lower end of the breast bone. It is a grinding, crowding, sinking pain, and is greatly increased by certain kinds of food. It will usually be felt most on one side, either right or left, not extending to both sides at the same time. In some cases, a most distressing pain in the stomach, or in the upper part of the abdomen, will occur at regular periods after eating, say one to three hours, and be very severe for some time. Often a faint sickness will be experienced at the stomach. Sick headache, very severe and very alarming, will sometimes occur, followed by bilious vomiting, more or less severe;—and these attacks of headache often come on periodically, at intervals of one to three or four weeks. The bowels are usually irregular, there may be costiveness or diarrhoea—one or the other prevailing; but very often they will alternate, one following the other at longer or shorter intervals, and both attended with a feeling of great weakness of the stomach and bowels. The tongue is habitually coated, and there is often a foul, sour or bitter taste in the mouth. Very frequently, canker sores appear in the mouth or fauces, on the uvula, under the tongue, on the inside of the cheeks or lips &c. Heat is often experienced in the soles of the feet, the palms of the hands, and in the face. There is frequently much acidity of the stomach, with sour, acrid, or scalding eructations;—and a distressing, burning sensation along the whole track of the gullet, from the stomach to the mouth. This burning is also felt often in the stomach, sides, chest, under the shoulder-blades, under the breast-bone, and sometimes in the lungs themselves. There is usually great and long continued tenderness and soreness about the pit of the stomach. All

exertion of the arms, as in sweeping, and a stooping posture, as in sewing much, and all lifting, are followed, more or less, by aggravated pains and weakness about the pit of the stomach and in the chest. Sometimes neuralgic pains are felt in the face, and side of the neck and head. All these symptoms are greatly aggravated by colds, by all excitement, either bodily or mental, and by all excesses in eating or drinking. So sensitive to disturbing influences do many become under this disease, that it would seem that the least thing will throw them into disorder, and life is rendered truly wretched.

In dyspeptic Consumption, vomiting of the food is often experienced. After a cough is established, this distressing symptom may continue to harass and reduce the patient until the close of life.

In some cases there is a complete stoppage of food in the stomach, occasioning most unpleasant, and even most distressing symptoms. Indeed, it is sometimes the case that this stoppage of the food in the stomach proves suddenly fatal. I have no doubt that many of the sudden deaths, from what is supposed to be *heart disease* are caused by a simple stoppage of the food in the stomach. In these cases, the food ferments, and the stomach becomes distended with gas when it presses against the heart and impedes its action. In consequence of a partial suspension of the circulation of the blood taking place, the brain becomes congested, and apoplexy and death follow. The less aggravated symptoms of this stoppage, are, a dead heavy weight at the stomach, a distressing sense of fulness, as if the heart and lungs were pressed upward, pain across the body at the pit of the stomach, a dull, drowsy feeling, a sense of fulness in the head, a rush of blood to the head, acid stomach, coldness and numbness of the feet and hands, &c. Some, and perhaps many of these symptoms are usually present. They come on suddenly at times, are extremely severe while they last, and then perhaps as suddenly for the time subside, to be renewed again after another meal.

In some, the food lies as it is eaten, and is changed very slowly—it may lie for days on the stomach, and hardly any change take place, indicating that the stomach is cold and lifeless, and requires stimulants. In others, the stomach is

feverish and seemingly on fire, forbidding all stimulants. The stomach is sometimes loaded with bile, which disturbs digestion, causing sickness with other bad symptoms.

Diet for the Dyspeptic.

In this disease, scarcely any specific rules can be given in regard to diet. Each patient has to be governed very much by his own experiences. Every dyspeptic has found that some kinds of food which perfectly agree with others, and even with himself in some conditions of it, he cannot eat at all without causing extreme disturbance. Often, one article of food after another is rejected, until it seems impossible to find anything which the stomach can digest, and food is taken only when nature is sinking for want of nourishment. The dyspeptic stomach seems to be governed in accepting and rejecting various kinds of food, by no law that has not numerous exceptions. What one can eat, another can scarcely look at,—most fully confirming the adage, “one man’s meat is another man’s poison.” Most capricious are these poor dyspeptics in their reception and rejection of diet. One can eat only fresh beef, and this prepared in some peculiar way—perhaps only a steak very rare or very well cooked, salt or corned beef, or pork he cannot swallow at all. While another eats salt pork and beef and no other meat; one can eat fresh pork, but not pork salted or smoked; another can eat only roast or broiled mutton, or lamb, or veal; some can eat salt fish, but not fresh; others only fresh; some can eat only poultry; others only game, &c. So with bread, one can eat only corn bread, or that made from unbolted flour; others only stale wheat bread; one can eat vegetables of some kinds; another eats no vegetables; some can drink tea or coffee; others not, &c.—so through the whole catalogue of edibles and drinkables. No two dyspeptics agree in all things. In some cases we find a debility of the stomach, that prevents digestion of almost any food, save the lightest; and yet what is lightest and easiest in one, is impossible in another. Some cannot drink water at all without great distress; in fact, reject all fluids and take only solids; one can take hot drinks; others only cold drinks, &c., &c. Stomachs differ so much, that the experience of a single

person, as regards the digestibility of different articles of food, furnishes by no means a safe rule. What was true therefore of the stomach of Alexis St. Martin, Dr. Besumont's celebrated subject, may not be true of all stomachs. Indeed, no positive rules of diet can be laid down; but individual experiences be allowed to control or modify all directions.

Many physicians are quite dogmatic, however, on rules of diet, peremptorily advising one thing and neglecting another, in all cases of the same complaint, without regard to the patient's peculiarities, and experiences. It would be found on inquiry I think, that this arises from the fact that the physician draws his conclusions from his own personal experience of the effects of different kinds of food upon himself, and that he pronounces, as a general rule, food good or bad, as it agrees or disagrees with himself. Governed by this experience of their own, we find physicians often differing most confusedly as to what is the proper diet, and recommending or forbidding certain kinds of food on what seems mere caprice—often times the strangest articles of diet are in this way advised and lauded. I know one old physician who thought baked pork and beans fully equal, or superior in its health giving properties, to any article of food whatever. He said children four weeks old might eat baked pork and beans with perfect impunity. Undoubtedly this good doctor slept pleasantly on pork and beans.

Dyspepsia dangerous in those predisposed to Consumption.

It is not, of course, always the case that a faulty digestion causes disease of the pulmonary organs; as we meet with multitudes of dyspeptics who have been invalids for years, and whose lungs remain sound. But in those who have naturally small, weak lungs, or who belong to consumptive families, and are thereby predisposed to consumption, dyspepsia is very liable, sooner or later, to hasten the development of phthisis. In such persons, after dyspepsia has continued unchecked for a time—it may be for years, or it may be only for a few months—a dry, irritable, hacking cough sets in; or there come

on symptoms of bronchitis, with sore throat, a sense of tightness across the chest, weakness of the voice, expectoration, &c. Then rapidly follow a wasting of the flesh and strength, short breath, shrinking of the chest, hectic fever, night sweats, more or less pain about the chest—the sufferer sinking down and dying with all the circumstances of true pulmonary consumption—and let me say, this fatal decline into consumption takes place in thousands who, notwithstanding their natural predisposition to lung disease, might have never had it but for dyspepsia.

There are many who have a protracted, annoying cough, and are told by their physicians that it is a “dyspeptic cough”—that it proceeds from the stomach, &c., and that therefore they need feel no apprehension in regard to it.

It is often true that a cough is caused by a disordered stomach, but in no case should the subject of such a cough listen to the syren song of *no danger*. There is danger, and such as should drive the invalid to seek help at once, and not to remit his efforts for relief until the cause of the cough is removed, and I would particularly sound this warning in the ears of every person who has a weak voice or chest, or who is, by his form, his family, or his occupation, inclined to consumption. Such persons should not, as they value their lives, neglect or disregard dyspepsia, if they have it in any of its forms, but seek a cure without delay.

I should add that, through all the stages of this form of consumption dyspepsia, as it commences the disease, so it continues a marked feature until life ceases, or the patient is cured. In many cases, the most shocking sore mouth takes place, which, if not relieved, most cruelly embitters the latter days of life.

Causes of Dyspeptic Consumption.

No class, no station, no occupation, no place of residence, no period of life, no sex, no age, are exempt from dyspepsia; and it may be said that hardly any habits of life, and rules of diet, however guarded, will always insure against it. Still, some occupations and conditions of life dispose to it more than others. An active, out of door life, moderately hard labor, and

wholesome plain, coarse diet, will confer the greatest exemption from it. Those who observe temperance in all things, are most likely to have a good digestion. Badly cooked or rancid food, very rich or high seasoned diet, excess or irregularity in eating, confinement to study, devotion to literary pursuits, long continued sedentary habits and labors—protracted, exhausting, in-door labors, excessive use of tobacco, grief, anxiety and care, sexual indulgence, indolent habits, foul air, costiveness, deranged liver, derangement of the kidneys, chronic diarrhoea, female irregularities, all debilitating and long continued fevers, harsh medicines that injure the coats of the stomach—all contribute to produce dyspepsia, and to prepare the way for dyspeptic consumption.

Curability of Dyspeptic Consumption.

Consumption brought on by dyspepsia, is usually obstinate and difficult to manage. Dyspepsia will alone often tax the skill of the physician; but when it is complicated with a disease still more serious and difficult to cure, a combination is presented which calls for all the available resources of medicine. Still, the subject of this combined disease, Dyspeptic Consumption, should not despair. It may be cured. I do not, of course, mean by this that it is curable *in every case*. It may, of course, pass beyond the reach of remedies; but I mean to be understood that it is not in its nature incurable. As in other forms of Consumption, so in this, before the constitution is broken down, and the digestive powers completely prostrated, and before the lungs are extensively destroyed, the patient may generally be saved. The treatment I employ in this form of disease, so far as it relates to the lungs, does not differ essentially from that which I use in simple tubercular phthisis. Remedies are of course employed to meet the dyspeptic symptoms and these are adapted to each individual case.

I need not say that it is wisest not to allow dyspepsia to degenerate into Consumption, and it need never do so—for indigestion in all its protean shapes is perfectly curable when the proper treatment is employed. I have treated many thousand cases of dyspepsia, and I do not recollect a single case

where the dyspeptic was not perfectly cured, when the remedies prescribed have been faithfully used—the patient being restored to his full strength, vigor, appetite, and capacity to eat and enjoy his ordinary food.

Pleurisy and its Cure.

The first symptom of Pleurisy is an acute pain, which rapidly spreads over the side, and usually along the ends of the short ribs, extending upwards to the arm-pits, to the shoulder-blades, and to the back of the side affected. On attempting a full long breath, the patient finds it impossible from the excessive pain it produces—it seems suddenly cut off by the sharpness of this pain—the expansion of the chest being impossible. Fever soon ensues, the pulse becomes excited, a short, hacking cough takes place, but is rendered almost impossible from the excruciating pain it causes. The lung of that side soon becomes affected, and as the disease advances, an effusion of water or serum will take place into the pleura of the affected side, and the lung itself will become involved. The extensive inflammation may finally, and often does in many subjects induce pneumonia, followed by collapse and death. Now, this disease is perfectly curable in its early stages—only a very few hours will suffice to cure almost any case of pleurisy, if the treatment be prompt and in season.

Treatment of Acute Pleurisy.

In persons perfectly robust and of full habit, especially if the disease has only continued some hours, bleeding from the arm may be allowed, to the extent of eight or ten ounces; but in aged or delicate persons, general blood-letting should be avoided—in place of which three or four leeches may be applied to the affected part, and often with much benefit. Wet or dry cupping may be used, and in a vast many cases, blood-letting need not be employed at all, it being unnecessary. My treatment of this disease is very simple. I direct the part affected to be rubbed with a little liniment, and I know of none equal to my Pulmonary Liniment; it is the most valuable compound I have ever known in the treatment of acute pleurisy. In the absence of this, Hartshorn and Sweet Oil, or a strong tincture of red pepper mixed with laudanum—say a wineglassful of

laudanum, and half a pint of the strong decoction of red pepper may be applied hot to the side, and over this cloths dipped in hot water may be laid, and repeatedly changed until the pain is subdued.

In a great many cases, mustard poultices applied to the part until the skin is reddened, but not blistered, and then followed by the application of cloths dipped in hot water, will be found to be all that is necessary to break up the pain. The patient should at the same time take Castor Oil, or Rhubarb and Magnesia, or some active physic, which will soon move the bowels, and in this way relieve the system. Very little other medicine will be required. If there is much cough, the patient may take tincture of Ipecac, Blood Root, or Lobelia, or my Pulmonary Expectorant, until some nausea and even slight vomiting are produced. The feet and legs should be kept in very hot water, thirty minutes—the diet should be unirritating and very light until the disease is broken up. This practice commenced early in the disease, and persevered in, will usually relieve the patient in the course of a few hours. Poultices of powdered Slippery Elm, Flax Seed, or Indian Meal, or any other convenient material, may be applied to the side mixed with a little Hartshorn or Laudanum. Sometimes hot boiled potatoes may be wrapped in a bag, and applied to the side, with great benefit;—or a bag of hot oats, moistened with water or vinegar. These various remedies, one or all, or any that may be convenient, will usually be found perfectly effectual. They do not contemplate the reduction of the patient's strength; and in all probability he will soon be about his usual occupation, without experiencing much prostration, or being much enfeebled by the attack.

After the pleurisy has ceased, and the patient resumes his usual health, he should constantly expand his lungs, so that no contraction of the chest may result from the attack. On the subsidence of the acute symptoms, the sides should be bathed daily in cold water; and the remedies continued till every vestige of the disease be removed. Shoulder Braces may be worn for a time with much benefit, until the whole side is restored to perfect health, strength and symmetry. From half cured and neglected pleurisy, result a great many cases of Pulmonary Consumption,

Affections of the Skin.

Having been called upon to treat a vast number of cases of Skin Disease of every form, I have prepared for use in my private practice a remedy known as the Queen's Toilet for the complexion, which will be found of immense benefit in every case of eruptions on the skin. (See page 68.) It has been greatly praised by those who have used it; and for purity and real value as a remedy, it cannot be surpassed.

DISEASES OF THE SKIN.

In all diseases of the skin, especially those affecting the exposed portions, the following rules will be found of value.

1st. Avoid exposure to the sun, and working over or near a hot fire.

2d. Bathe as often as twice a week in warm or cold water.

3d. Take regular out door exercise, use no liquors or stimulating drinks of any kind; let the diet be light and nutritious, and keep regular hours.

4th. Above all, keep the bowels regular.

Attention to these rules will greatly facilitate a cure, besides adding comfort to the patient.

The small space allowed by the size of this pamphlet will not admit of more than a passing glance at a few of the most usual forms of skin disease, in which the Queen's Toilet has been successfully used.

The first one that I wish to speak of is commonly known as

BLACK HEADS, OR WORMS IN THE SKIN,

And is one of the most frequent, and although not painful, yet it is one of the most distressing and annoying of all the ordinary forms of skin disease.

This trouble is caused by torpidity of the skin, arising from a feeble circulation, and impurity of the blood.

The innumerable small grease glands in the skin, which serve to keep it soft and pliable, failing to discharge their function, the matter secreted becomes hardened and black on the surface, and this hardened matter acts in the same way as a splinter would do in the same place; it festers, and a little yellow or black-headed pimple appears, which on being squeezed gives out yellow matter and a small plug of hard matter, which looks like a worm, and which is wrongly so called.

Crop after crop of these pimples appear and then go away, and hard, painful lumps, which do not break out, are felt under the skin. This mortifying disease appears generally from the sixteenth to the thirtieth year, and everything recommended is resorted to in turn by the subjects of this disease, but too often the means employed aggravate the complaint.

Soap should never be used on the face when this disease is present, but half an ounce of powdered borax to a gallon of rain water serves instead, and tends to stop the inflammation.

The Queen's Toilet should also be applied every night and morning and the general rules previously given should be closely followed. Some of these cases are very obstinate and require the use of internal remedies adapted to the particular necessities of the patient.

I have treated an immense number of these cases, and have never failed in a single case of effecting a perfect cure, where my directions were properly followed.

ERYSIPELAS; Or, ST. ANTHONY'S FIRE,

is shown by an extended redness and shiny appearance of the skin, with more or less pain, heat and swelling, loss of appetite, costiveness and fever.

Treatment.

When this disease attacks the inside of the throat, or appears near a fresh wound or bruise, no time should be lost in

calling in a good doctor, but when it attacks only the face or limbs, the following treatment is all that is necessary : Take a good dose of castor-oil or a seidlitz powder every morning. Bathe the parts with an equal quantity of the Queen's Toilet and water made hot or nearly so, wipe dry and then dust over the inflamed surface with fine wheat flour or powdered starch. Or rub melted lard on the skin, or apply a warm poultice of bran or cranberries. Also take each day a pint of sago gruel to which a wineglassful of port wine has been added.

Nettle Rash. (Urticaria.)

This disease appears in the form of reddish lumps on the skin resembling the sting of a nettle and accompanied by intense itching. It is sometimes produced by eating something which the stomach refuses to digest, when this is the case an active cathartic should be given.

Sometimes the attack is ushered in with fever, when the usual remedies for allaying fever may be given.

Apply the Queen's Toilet to allay the itching and give something to move the bowels.

Humid Tetter. (Scall.) (Eczema.)

This disease of the skin appears in the form of small distinct watery, blisters which are accompanied by pain, heat and itching, and the parts affected being scratched, scabs are formed. This disease appears on various parts of the body, and frequently resists treatment. When it appears on the scalp, the hair should be cut off with scissors before treatment is commenced. Treatment. When a watery matter flows out on the skin from the patches of blisters which have been scratched, a little finely powdered potato starch or wheat bran should be dusted over the skin and allowed to dry. To allay the itching, wash the parts with a pint of rain-water in which two teaspoonfuls of Carbonate of Soda have been dissolved, then wash with equal parts of the Queen's Toilet and water. The Queen's Toilet may be applied night and morn-

ing in this way, and besides following the general rules given on page 89, a half a wineglassful of infusion of Quassia may be taken every morning. If the disease has arisen from handling any irritating substance, care must be taken to avoid this cause. This disease is not contagious.

Tetter. (Shingles.) (Ringworm.) (Herpes.)

This form differs from dry tetter by the small watery blisters running together and the disease itself being more or less, contagious. The treatment is much the same as that already given; use the Queen's Toilet freely and follow the general directions.

Lichen

Is distinguished by the appearance of small dry pimples, either red or of the color of the skin itself, accompanied by itching. When it appears in children or infants, it passes under the common name of Red-gum and Tooth-rash. It is also known as prickly heat. In the chronic form internal remedies are required, but as a general thing all that will be found necessary, will be to apply the Queen's Toilet freely and often.

Prurigo

Which much resembles Lichen, is, however, accompanied by more intense itching, and assumes a chronic character in a very short time. It will be necessary to wash the parts with Carbonate of Soda dissolved in hot water and then apply the Queen's Toilet. When Prurigo is associated with a deranged state of the system, proper treatment must be employed to correct the special disorder present.

The Scaly Eruptions.

There are several kinds of scaly eruptions known as Dry Tetter, Dry Scale, etc., but Dandruff, one of the sub-divisions of this class, is the best known of all.

Dandruff

Can be very readily gotten rid of by washing the head with borax and water, and then using the Queen's Toilet as a dressing, the treatment being continued until the scurf disappears.

Diseases of Infants.

As an application for the prompt relief of the pain, itching and irritation present in the eruptions which cause so much annoyance to babies and little children, and give untold vexation to the nurse or mother, the Queen's Toilet will be found to be of great service in saving the little ones from much suffering, and in those cases where the delicate skin has become chafed and sore, the Queen's Toilet always acts very quickly in restoring and healing it.

Price of the Queen's Toilet.

The Queen's Toilet, put up in handsome, eight ounce, flint glass bottles, can be obtained at any drug store for One Dollar a bottle, or if the druggist is out of the article, send the money, by Post Office order, or Registered Letter, direct to

DR. S. S. FITCH & SON,

714 Broadway,

New York,

and the Toilet will be sent at once to any address by Express

MANAGEMENT OF THE TEETH.

In order to preserve the teeth from decay, it is necessary to clean them with a fine brush, not too hard, every morning, and to rinse out the mouth with water after each meal. A few drops of tincture of gum myrrh in a little cold water to rinse the mouth will serve to strengthen the gums. The following tooth powder may be used once a week:

TOOTH POWDER.

<i>Recipe</i> —Peruvian Bark, powdered,	- - - -	3 oz.
Gum Myrrh,	" - - - -	$\frac{1}{4}$ oz.
Nut Galls,	" - - - -	$\frac{1}{4}$ oz.
Cuttle-fish Bone,	" - - - -	$\frac{1}{4}$ oz.
Chloride of Lime,	- - - - -	$\frac{1}{4}$ oz.
Oil of Bergamot,	- - - - -	60 drops.

Mix and pulverize all perfectly. Use once to three times a week. It has no superiors.

A TREATISE

ON

DISEASES OF THE HEART.

BY

DR. SAMUEL SHELDON FITCH,

OF

714 BROADWAY, NEW YORK,

PRICE 40 CENTS, POSTAGE PAID.

Our former price for this book was one dollar, but wishing to put it within the reach of every one, we now offer it at 40 cents, which including postage is exactly what it cost us. The book is handsomely bound in muslin.

ADDRESS,

DRS. S. S. FITCH & SON,

714 Broadway, New York.

LAWS OF LIFE.

There are now living in the United States a great many persons who are over one hundred years old, some one hundred and ten, some one hundred and twenty, and even over this age. It is usually rather felt than expressed, that this great longevity results from a coincidence of accidents. It is not realized that it is a law of life that the age of men and women may attain to over one hundred years, and under equal circumstances all may attain to one hundred years. God is not partial. His laws are equal.

Let any person live in accordance with the laws of life, using seasonable remedies for any deviations from health, and he may calculate with much certainty upon living to one hundred years.

The laws of life, and the laws for the preservation of life, are few, are simple, are easily stated and easily remembered.

The first law of life is the full and harmonious development of the whole system, so as to give us perfect symmetry of person.

The second law is to have air and the person pure.

The third law is to have food varied in kind, and sufficiently nutritive to sustain all the functions of the system.

The fourth law of life is that all we eat or drink must leave the system within a moderate period of time.

To do this, it is indispensable that all the great emunctories, or outlets of the system, should be open, free and unobstructed.

The emunctories are the bowels, the kidneys, the skin, and lungs. If any of these are obstructed, or sluggish in the performance of their functions, good health cannot long be maintained.

Hence, free breathing of pure air ; wholesome food—enough, and no more ; pure skin, and free bowels and kidneys, are indispensable to health and long life.

With all this never over-work the system, either as a whole or in part. Two days' work in one will soon lay low the strongest man or woman. In reading the histories of such workers, we usually find premature death the consequence.

Great mental efforts should be avoided, and moderation, both in mental and physical efforts, be maintained.

I doubt if any person ever died of old age, under eighty years, and the most would reach one hundred years before dying of old age. It is a very common idea that the infirmities of a system a little worn by time, and much by labor, are caused by age, and cannot be relieved. I have always found the diseases of elderly persons as curable and manageable as those of younger ones. They must be doctored with an eye to the fact that the aged, in their constitutions, become measurably like children, and must not be treated with harsh or hurtful medicines. It has been my delightful task, in a great many cases, to restore the aged to good health, and seeing them recovering their strength and enjoying life as pleasantly as in their best days. I think from fifty to eighty years of life, if in perfect health, are as delightful as any other periods.

CAUSES OF PREMATURE DEATHS.

There are four great causes of sickness and premature deaths.

First, a common cold, or checked perspiration. At least three-fourths of all the diseases originate from a cold or checked perspiration; this neglected, and hosts are sent to premature graves.

I will not describe a cold, but only tell you how to cure it.

When you find you have a cold, if any way serious, put your feet in very hot water at bedtime. Keep them in this hot water at least ten minutes. Salt, or wood-ashes, or bleaching soda, may be added, if you choose—two tablespoonfuls of salt or soda, or half a pint of wood-ashes, to six quarts of very hot water. Keep the water as hot as you can bear it. Next morning wash the feet in cold water. Use these foot-baths three or four nights or more every week, until the cold is well.

In addition to the hot foot-baths at bedtime, if young, and in full strength, take a portion of Epsom salts, or senna tea, and a pint of hot herb tea, pennyroyal, boneset, or mint. Go

to bed, cover up warmly, and you will perspire. The physio in the morning will usually carry off all your cold. In persons who are weak, in place of salts use pills, such as my Cathartic Pills, or my Biliary Corrector, or any good bitter physio. Repeat the hot-foot-baths and physio until well.

In some cases, if your cold gives you a cough, take some cough medicines, such as my Expectorant or Vitalizer, or any good cough medicines you choose.

My Vitalizer taken at bedtime, with two or more of my cathartic pills, will usually break up a cold in one night.

With a cold begin early, and use remedies faithfully until you are well, be it a longer or shorter time. Never let a cold run on you, and you will soon break up the habit of taking cold, and thus save you much sickness.

The second great cause of premature deaths is, eating too much, eating at improper times, and slow bowels, or, in some cases, food which induces diarrhoea or dysentery.

Improper food causes nearly all diarrhoea and dysentery of children and adults, occurring most in hot or very changeable weather; but, with proper food, they will rarely ever take place.

I have seen hundreds of our noblest men killed by eating too much; by eating suppers; thus obstructing and clogging the system.

Nearly all our food should be eaten before two o'clock P. M. each day. Late dinners, late suppers, of solid food, are never eaten by persons after thirty, others after forty, others after fifty, that are not truly perilous and dangerous.

In the summer of 1863, I doctored a very respectable clergyman—tall, thin, and forty-seven years old. He had been consumptive over two years. He got perfectly well; resumed all his clerical duties. In September, called on me at Utica, New York, at 6 A. M. He was taking a pleasure-tour to New York city, to be gone three weeks. I never saw a happier man at his restored health. That day he arrived in New York city, put up at a hotel, and next day dined at 2 P. M.; tea at 6, as usual at home. At home, breakfast at 7 or 8 A. M., dinner 12 to 1, tea 6 to 7. He stayed at this hotel one day. On Friday he went to a boarding house, where he had breakfast at 8, luncheon of cold meats, bread, pastry, pickles, &c., at

1 P. M., dinner at 6, and tea directly after dinner. This course he pursued through Friday and Saturday. Saturday, at 6 P. M., he dined off boiled ham, boiled cabbage, clams, &c. After dinner he took a walk with his wife, and within one hour fell dead in the street, life extinct in a moment. It was called a disease of the heart; but his heart was well. It was caused by an utter stoppage of all action in the stomach; if I may use the expression, the wheels of life stood still. No hearty meals should ever be taken after sunset.

Apoplexy and palsy usually result from over-eating or eating at improper hours, and are attended with slow bowels.

A person of full habit should recollect that heavy meals and slow bowels will soon kill. In such, and all persons, costiveness should be obviated by the steady use of aperients or cathartic medicines. Keep the bowels free at all hazards.

The third great cause of premature deaths is, drinking too much of alcoholic liquors, wines, beer, &c. This subject has been so thoroughly expounded and so eloquently demonstrated by some of our greatest and best orators and thinkers, that I do not deem it necessary to add a word here to what has already been spoken and written.

The fourth great cause of disease is, over-work—over-tasking our powers. I hardly need dwell on this, the proposition is so clear, the facts are so frequent.

A clergyman, for example, attempts to preach and do full clerical duties—several lectures and prayer-meetings each week—at the same time would acquire several different languages, and write elaborate and extensive literary works. Whilst all this is progressing, in cold winters, he travels to various places—a very distinguished lecturer. He is badly exposed, studies or writes his sixteen or more hours a day, experiences colds, pains, disease, and reeling constitution; still, nobly and madly fights on, until death suddenly removes the brightest intellect and highest acquirements. Then comes the wicked cant, that "God did it."

A little moderation, a little common sense, and he might have doubled his days. These remarks apply to all cases of over-work, mental or physical, or both, and to both sexes. I say now, let your labors not exceed your strength.

To those invalids who choose me for their doctor, allow me

to say : There are very few cases of disease of any part, or however produced, or of long duration, but what I cure. It is only a question of time, depending on the recuperative powers of the system. Do not expect that a disease of long standing can be cured in a week ; but take time enough, and use remedies until you are well ; then use remedies until your health is all confirmed, when you may confidently expect to live many years in good health. You will still, like other people, be liable to take cold, or contract fevers, or meet with accidents ; but learn to use remedies promptly and faithfully, and you will soon get well, so that year after year your health will become strong and permanent. Keeping good health every day will certainly insure you a life extending to eighty or one hundred years.

All who would live long should have occupation and a purpose in life. It is of the first importance that we should have employment, profitable and pleasant, if possible, but, at all events, pleasant—reading some, but physical exercise and labor more. Never be idle. Do something good, something useful, every day of your lives.

Thus far I have spoken of physical laws. Now let me speak of moral ones, and their effects upon longevity.

If you would live long and see good days, cultivate all the virtues and all the affections ; outwardly lead a life of morality, inwardly a life of piety. Live close under the wings of the Almighty. So appreciate God and his gifts that you shall love him. So treat all that they shall love you. Do as you would be done by, and be not an unequal judge in this matter. If there is a sight more deplorable than another, it is that of a person whom no one loves. I will not attempt to describe them ; but such have existed. Never lose an opportunity of doing a favor. It is seed that will produce happiness all your life. Drive selfishness from your heart. By this course, no remorse or evil passions will disturb your conscience or rack your system, and your memories in old age will be as pleasant as were your hopes in youth. Time will embrace you gently.* In physical strength and mental beauty, you will tread lightly past your hundredth year. In the fullness of your days, God will lift the veil, and you will pass from time fearless and happy.

TESTIMONIALS.

The following testimonials have been received by us from the parties whose names are appended, and the original letters are on file at our office, where, with the consent of the parties who have written them, they may be seen by any one who is interested in knowing the results of our method of treatment, or the parties themselves may be written to (a post-paid, addressed envelope being inclosed), and they will, no doubt, verify our statements in all respects :

CHAS. W. HART, West Cornwall, Conn., March 28, 1872.—
 "I have had your medicines nearly a year, and have been helped beyond the worth of money."

CHAS. TOWLE, Dayton, Ohio, March 22, 1872.—"My wife is so much better that she will not need any more medicines. Thankful for the improvement you have caused in her health, and wishing you many years of further usefulness,

I am, yours truly,

CHAS. TOWLE."

JOSEPH W. HERMANN, 241 Vermont street, Buffalo, N. Y., March 20, 1872.—"Dear Sir : It is with great pleasure and gratefulness toward you that I write you this. I received your last letter, and also the box with a supporter and medicine. I commenced to wear the supporter right off, and I find it is of much benefit and value to my health. I feel ever so much better now in that short time since I commenced with your treatment. I have gained more than I supposed to be possible to gain by my doctors' treatment, because I was treated by two physicians before, and neither of them did me any good. I always felt more sinking than recovering. I can work now without much fatigue, and my appetite is much better and regular too, and what I eat and drink is a great deal more agreeable to me, and of much better effect. I gained about three pounds in weight, and about one and a half inches in the measure round the waist, within the last month."

PATRICK MUDD, Indian Creek, Monroe County, Mo., Sept. 8, 1871.—“It’s a pleasure to me to inform you that my health is improving, as I think rapidly. When your medicines came to me I was not able to sit up, and now I can ride and see to business.”

SEYMOUR A. BACON, Tiskilwa, Ill., Sept. 27, 1871.—“I am happy to inform you of my continued improvement, steady and constant in every respect. I am generally ‘on the mend,’ and I hope to so continue until well. Thanking you for your disinterested kindness and prompt attention, I remain,

Yours very truly,

SEYMOUR A. BACON.”

MISS L. R. WILDER, 326 Chapel street, New Haven, Conn., Jan. 30, 1872.—“I have more faith in you than in any one else, as your medicines were the means of raising my father from a death-bed, some twenty-five years ago. His name was Abel Wilder, of Peterborough, New Hampshire.”

MRS. MARY A. PIPER, Meredith Village, Belknap County, New Hampshire, Feb. 8, 1872.—“It is now two weeks since I commenced to take the medicine you sent me, and I am very happy to say that in many respects my health is greatly improved; my appetite is a great deal better, and I do not have the headache as much as usual; rest better nights; do not have so many bad spells about breathing, and feel stronger, and can eat a meal of victuals and feel comfortable after it. Your ‘Pulmonary Liniment’ is excellent. I used some of it for myself, while having a bad cold, and also for my little girl; she had been croupy every night for three weeks, and I applied the ‘Liniment’ to her chest once; she has not been troubled with the croup since. I have used some of the ‘Queen’s Toilet;’ it is very nice, and renders the skin smooth and soft, and I shall take pleasure in recommending it to my lady friends.”

Use Dr. S. S. Fitch’s Pulmonary Liniment,

EMILY WATKINS, Fredericktown, Knox County, Ohio, Nov. 23, 1871.—“I expect you have forgotten me by this time, but I have not forgotten you or your kind advice, or what your medicine has done for me. I now enjoy pretty good health, except my heart troubles me at times, and then I use your ‘Heart Corrector;’ it always gives me relief.”

HARVEY ROBBINS, Horicon, N. Y., Oct. 23, 1871. “All are astonished to see how fast I have improved, My friends thought I had consumption. My uncle called to-day, and he said ‘All doctors must give in to Dr. Fitch!’”

MRS. GEORGE OBER, Muskegon, Mich., Feb. 5, 1872.—“Your ‘Pulmonary Expectorant’ is the best thing for a cold that I ever used. I have given several doses of it to a friend of ours, who had cold and cough, and it gave immediate relief. I have tried it myself for a cold, and it broke it up in one night.”

The following remarkable letter has recently been received from Mrs. Mary Hennon, of Calais, Maine.

DR. S. S. FITCH.—Dear Sir: “When I received your medicines, I think I could have lived but a short time without them, as my bowels and stomach were all swelled; my inside was as cold as ice; my feet and legs were cold as ice, far above the knee, and my feet cramped. The pain I suffered was past description. My face was swelled up, and my sight almost gone; my head was as numb as a stick of wood, only the inside of it ached very bad; my flesh was so sore I could hardly lie in bed; I could raise nothing; both my hip-joints were so sore I could hardly touch the flesh; I was freezing with cold; my blood seemed to stop in the veins; my bowels were hard to the touch, and when I pressed my hand on my stomach a pain went up through my lungs, to the top of each shoulder, and into the veins of my neck. No tongue could express my joy when I heard your medicine had come. May

Use Dr. S. S. Fitch's Pulmonary Expectorant,

the Lord of Heaven ever bless you in your undertakings, as he has in my case. In this state of health I commenced taking your medicine as directed, and in twelve days was a great deal better. It would surprise you to know what matter I spit up while taking your medicines. I never intend to be without them, sick or in health."

A. A. STEVENS, Main street, between Fourth and Fifth, La Crosse, Wis., Feb. 1, 1872.—"Twenty years ago we lived in Bethel, Conn. My wife was an invalid for seven or eight years, and visited you once—and I think twice; took your medicines for some years, and had nearly regained her health, when we came to this place in 1854, where we have since resided. She is now blessed with good health and a vigorous constitution. We shall ever give your treatment of her (under God) the credit for her present and past good health."

Heart Disease Cured.

MRS. MARY SMITH, Avon, Loraine County, Ohio, March 18, 1872.—"I wish to say a few words about my own health. Since taking the medicines you sent me last Spring, I have been better than I had been for a long time; I am growing quiet fleshy and strong, and can do a good amount of work. My heart does not trouble me, unless I am imprudent. You are at liberty to make use of my name, for the benefit of those afflicted with heart-disease."

Consumption Cured.

S. L. WORLEY, Druggist, Carrsville, Ky., March 9, 1872.—"I have a good many calls for your 'Pulmonary Balsam;' one man in this neighborhood, by the name of Melton, used about a half a bottle, and it *cured him*, he told me that four doctors had given him up, saying he had consumption, and could not get well. Since which time I have had many calls for your 'Balsam.'"

Fitch's Heart Corrector.

Whooping Cough Cured.

W. RUDOLPH, Hellen, Elk County, Pa., March 10, 1872.—
 "Your 'Whooping Cough Cure' is decidedly the best, and the only thing that will effectually cure that ugly distemper called 'Whooping Cough'—at least within my knowledge."

JAMES M. STAPLES, Walcottville, Conn., March, 1872.—
 "Have been sick abed for seven months; used two bottles of your 'Universal Tonic,' and am now able to be round the house."

A. T. PALMER, (firm of A. T. Palmer & Co., Dry Goods, etc.) Napoli, N. Y., Feb. 29, 1872.—"Please send me one dozen of 'Queen's Toilet.' When my wife was receiving treatment from you, she received great benefit from using it, and now wants more."

Heart Disease Cured.

LAC QUI PARLE, McPhail County, Minn., Feb. 12, 1872.—
 "My dear old Doctor and Friend: Years ago I was troubled with heart disease, and at that time found your Heart Corrector at a drug store, in Warsaw, New York, and bought a bottle, and found it helped me. I kept on taking it till I took the contents of five or six bottles, and it CURED ME. I am now well. I believe I owe my health to your skill and medicines

Respectfully yours,

FREEDOM MERRILL."

GEO. W. FERRY, Youngstown, Ohio, Jan. 11. 1872.—
 "Knowing of you, I take the liberty of applying to you for medical advice. You performed a cured for my mother, Mrs. Walker Ferry, of Bethel, Conn., after she was given up by all the best physicians of the State, and, therefore, I feel confident of receiving benefit from you."

Use the QUEEN'S TOILET for Improving and Beautifying the Complexion.

CURABILITY OF CONSUMPTION PROVED.

Overwhelming Testimony.

U. R. HOMER, Hudson, Ohio, Dec. 1871.—“About twenty-six years since I left Cleveland, to go home, near Salem, to die with my friends, as I was supposed to be quite gone with consumption. In Ravenna I stopped to rest, and I happened to see one of your works, which I purchased and followed directions. I recovered to thank DR. FITCH, more than all other medical men.”

A. H. KAUFFMAN, Huntington, Penn., July 17, 1871.—“Seeing by a number of the newspapers that you offer *gratuitous* a copy of your ‘Family Physician,’ and having recently had great confidence in your medical skill, as you cured one of my sisters of *Consumption*, about fourteen years ago, who is still living and well, and several other cases of chronic diseases in others, which, through my humble influence, you have been by letter consulted, and afforded great relief, I feel emboldened to ask you for a copy of the above work.”

JAMES BREST, Mercer, Penn., Sept. 30, 1871.—“We got a cure out of your pamphlet that cured our little girl of what I believe to have been the diphtheria, in forty-eight hours.”

(See page 19 of this book for the cure mentioned above.)

Bronchitis Cured.

HENRY E. ELDER, Indianapolis, Mahaska County, Iowa, June 18, 1871.—“You cured me of Bronchitis, about sixteen years ago, when all other doctors failed to cure. I have that respect for you that I shall not soon forget.”

Six Lectures on Consumption, Page 5.

H. A. HOGUE, Portland, Oregon, July 10, 1871.—“In reply to your letter, I have to say that Mrs. Hogue's health, and especially the trouble from her heart, has improved so much during the last six months that we do not think it advisable to submit to a course of medicine, unless the difficulty should be renewed. She procured part of a bottle of your medicine from a lady friend, Mrs. E. B. Comfort, at *The Dalles*, in Oregon, which she called ‘*Heart Corrector*.’ We believe it has benefited Mrs. Hogue very much, and relieves the pain in a very few minutes when attacked with a paroxysm of severe shooting pain, or palpitation in the region of the heart.”

J. C. BURGNER, Newton, Mississippi, July 7, 1871.—“Please send me a copy of your ‘Family Physician,’ which you offer gratis. I want to see and show it to others, as you have such a wide reputation as a physician in all chronic and difficult cases. I referred a lady to you for treatment; she wrote me some time since that you had cured her, and returned me a thousand thanks for urging her to secure your medical services, and said that your medicines acted like a charm in her case. She will refer others, and so will I.”

LEONARD H. SEA, JR., Duncan, Mercer County, Ky., June 12, 1871.—“Richard Shelley's wife has had the womb disease for five years, and she was past walking for half of the time. The preacher spent a portion in doctoring her, and did no good, when she heard of your medicine—and she tried it, and is now going about and can do her work.”

EDWARD BRADY, Boston, Mass., Aug. 29, 1871.—“I have used four bottles of your ‘Queen's Toilet,’ to remove freckles, and I will say that they are (most of them) removed from my face and hands.”

O. E. HANNUM, Streetsboro', Portage County, Ohio, Aug. 16, 1871.—“Twenty years ago my wife's health was very

Use Dr. S. S. Fitch's Diarrhœa Cordial.

poor, with every appearance of consumption. I applied to Elder Baird your agent, then living in Mantua, and procured your Supporter and Braces, and by following his directions she recovered, and is still in the enjoyment of fair health. Enos Page, who was under your care two or three years ago, for a stomach difficulty, is now as tough as a knot. He is my nearest neighbor."

E. E. HANKS, Banks, Minn., Sept. 23, 1871.—"I take the present opportunity to let you know how I am getting along. The first week, after taking your medicines, I began to feel better, and the fourth week it seemed as though I felt as well as ever. I could sleep well in any position; my appetite was good; I was troubled but very little with short breath, and began to feel strong, with some energy to work. Yet I did not know that I had taken them long enough to cure me; but I was in such a position that it was impossible for me to send for any more medicines just then, so I concluded to wait and see how I was after I stopped taking the medicines. I see no change, except for the better; I work very hard, yet I do not get tired as I used to when I hardly did an hour's work in a day. I feel as though you had been poorly paid for your trouble, but for your kindness to me, and for the benefit I have received, I am truly thankful."

H. D. FOSTER, Rosalia, Kansas, Feb. 12, 1872.—"As you have always treated the diseases of my friends successfully, whenever I have applied to you, I come to you in all confidence that you will do so again."

N. S. HOWE, Land Department, Little Rock and Fort Smith Railroad Co., Little Rock, Ark., Feb. 1st, 1872.—"Twenty years ago, or thereabouts, you treated my mother (Mrs. Isaac R. Howe, or Sarah S. Howe, of Haverhill, Mass.) for Asthma, successfully. Subsequently, and about seven or eight years since, you again prescribed for her, for her lungs, with relief to her. She died two years since from other disease, aged seventy-nine."

GEO. B. RICE, Case No. 699, H., of New Lisbon, Juneau Co., Wisconsin, writes October 3, 1871, as follows:—"I feel very thankful for the good your remedies have done me, and shall always recommend them to any who may be in need."

The following is an extract from a letter received from **J. M. Nesbit**, of Mount Jackson, Lawrence Co., Pa., dated April 2, 1872.—A copy of our old "Family Physician" had been sent him, and this is what he says in regard to the benefit derived from one of the recipes alone—the recipe he mentions may be found on page 63 of this revised edition.

"Our children were taken with Malignant Scarlet Fever, and by the aid of your "Family Physician" and other means, they have recovered, and shed their skin, and also their finger and toe nails; while many around us with the assistance of a doctor, died, in from fifteen to thirty hours after taking it."

NEW SHARON, Franklin Co., Maine, April 24, 1872.—"**DR. S. S. FITCH**.—Dear Sir: I thank you very kindly for what you and your medicines have done for me, and shall always speak very highly of you, and hope that you will live long to do good to the suffering; and if my health ever fails again, I shall send to you immediately, having confidence in you that you will do me good. I remain, yours, &c.,

MARY C. BULLEN."

SPARTA, Kent Co., Michigan, March 7, 1872.—"**DR. S. S. FITCH**.—Dear Sir: I received your note of February 29, * * * I will here say that my husband is in excellent health, and has not had any return of Ague or Fever for nearly two years, although much exposed. He thinks that your medicine is the most perfect in the world, and justly too. My sister also, who was with me at the time, is comfortably well,—although both were near death's door,—with gratitude and respect, I remain,

MRS. A. A. SABINE."

Use Dr. S. S. Fitch's Biliary Corrector.

BREHA, Ohio, October 12, 1871.—DR. S. S. FITCH.—Dear Sir: We are under lasting obligations to you, in the case of Mrs. M. E. Clark, whose restoration to health seemed little short of a miracle. We have great faith in your skill, having tested it in our family.

I am very respectfully, yours,

H. A. FOSTER.

SMITH'S LANDING, Atlantic Co., New Jersey, January 1, 1872.—DR. S. S. FITCH.—Dear Sir: Your medicine was received in due season, and it proved a great success. My son's health is so improved, that I do not think there will be any need for him to take any more medicine, after he has taken up what he has got. Your "Queen's Toilet," he used for the Catarrh, and the disease has entirely vanished, he has no snuffling, or hawking, or spitting of blood; he seems to be gaining very fast; his throat has got well. I do not know how thankful to be for Dr. S. S. Fitch's medicine, for I have used it with great satisfaction in my family, for two years.

Respectfully yours,

MRS. S. J. IMLAY.

MR. A. H. STILLWELL, of DeWitt, Arkansas Co., Arkansas, applied to us in August, 1871. He came of a consumptive family, and had been troubled with a cough for eighteen months; his heart, stomach and kidneys, were also badly out of order; after being treated two months he writes as follows, under date of November 5th, 1871.: "My health, I am glad to say, is still improving, not much cough or expectoration, very little pain or soreness, and I hope soon to be well, thanks to you for your invaluable remedies! I can never sufficiently thank you for your kindness; long may you live to enjoy the fruits of your labors."

MRS. A. N. BASSETT, of Spencer, New York, writes, December 8, 1871, as follows: "I think your 'Queen's Toilet' is excellent for the hair; I had a very bad itching in my head,

Use Dr. S. S. Fitch's Universal Tonic.

and my hair came out very much, so that I was almost bald. The bottle of 'Queen's Toilet' you sent me has relieved the itching, and my hair does not fall off so much."

MRS. AMANDA JONES, Moore's Creek, Wisconsin, January 22, 1872.—"DR. S. S. FITCH—Dear Sir: I feel better now than I have for a great many years past; I can now sleep well nights, and the aching and burning of my stomach troubles me but very little; I can say I have received more benefit from your remedies than I can tell; I was very bad indeed before I commenced taking them; I never expected to feel well again. I feel as though I cannot sufficiently thank you for what you have done for me already, and for my family.

Respectfully yours,

AMANDA JONES."

MRS. JENNIE R. BEALE, of Milton Station, Coles Co., Illinois, December 12, 1871, writes: "I consider your Abdominal Supporter invaluable—the ladies' best friend; I wish every lady had one, and that all the sick and afflicted could visit you, for I know you could cure all that could go soon enough."

MRS. CARRIE A. HARRIS, of Utica, Macomb Co., Michigan, writes, November 21, 1871, as follows: "We like the 'Queen's Toilet' very much, and think it a splendid article."

DEAR DOCTOR:—I feel inclined to address a few lines to thee, as I am one that has already received great benefit from thy prescriptions. Several years ago, I think I had consumption, and wrote to thee for advice; was prescribed for, and by the timely aid of those valuable remedies, and the blessing of God, I was relieved. I am very grateful to the doctor, and to God, who made him an instrument in *saving my life*, as

Use Dr. S. S. Fitch's Cough Curer.

well as of many other suffering ones! May long life and prosperity attend him, and that he shall have a foretaste of joys to come, and be one among the number chosen is the sincere wish of thy obedient servant,

BATHSHEBA S. SHERMAN

CORTLAND CENTRE, Kent Co., Mich., September 28, 1870.

ST. JOHNSVILLE, N. Y., Aug. 18, 1869.—S. S. FITCH, M. D.
—Dear Sir: Please send us a list of your medicines, with prices to dealers, and oblige,

Yours, very respectfully,

KNICKERBOCKER & SANDERS.

P. S.—I have taken a great deal of your medicine, and think a great deal of it; was under your care a few years ago, when troubled with a lung difficulty, and am now in very good health.

Yours,

STEPHEN C. KNICKERBOCKER.

MRS. O. L. WARNER, Girard, Erie Co., Penn., July 28, 1869.—“As I have not written to you for some time, I thought I would write a few lines, to let you know that, by the blessing of God, through the remedies you have sent me, I am a great deal better than I ever expected to be. Your ‘Queen’s Toilet’ is first-rate; it has stopped my hair from falling out, and makes it grow nicely. Your ‘Pulmonary Liniment’ cannot be praised enough; I never found its equal in alleviating pain.”

PILES CURED.

KROOK, IOWA, March 31, 1873.

DR. S. S. FITCH.—Dear Sir: Having derived considerable benefit from your remedies, and having confidence in your abilities, I therefore ask you if you will please send me a copy of your “Family Physician.”

Your “Pile Ointment” is very good. I cured myself; I then bought two other bottles for a destitute family, that, like myself, were suffering from the Piles, and it promptly

cured *three* of that family, and the balance of the medicine left in the bottles cured two or three others in the neighborhood.

Your "Biliary Corrector, or Anti-Bilious Mixture," I found equally potent for the purposes it was intended for. You will please accept my thanks for the benefits derived from your medicines. With best respects, and well wishes for your prosperity, I remain, yours truly,

THOS. H. HOWELL.

KEOKUK, LEE Co., IOWA.

PLEASANTVILLE, WESTCHESTER Co., N. Y.,

March 20, 1872.

DR. S. S. FITCH.—Dear Sir: My mother, Mrs. Benjamin Brown, who under your treatment recovered from heart disease, advised me to send for your "Family Physician."

Respectfully yours,

WILLETT C. BROWN.

DR. S. S. FITCH.—Dear Sir: About twenty years since, a book in pamphlet form, issued by you, describing many diseases and their remedies, and giving recommendations of your instruments, came into my hands.

At that time I had a servant woman, strong and healthy in every respect, who had suffered miscarriage once or twice a year for several years.

I procured one of your Abdominal Supporters, which she wore when pregnant afterward, and the result was perfect safety from miscarriage, and the raising of a large family of robust children.

MRS. JULIA WESTBROOK.

WEST POINT, Lowndes Co., Miss.

DR. S. S. FITCH.—Dear Sir: I write to give you an account of the wonderful effects of your Abdominal Supporter on

Use DR. S. S. FITCH'S ABDOMINAL SUPPORTER, for
Female Weakness and Falling of the Bowels.

Mrs. Lay, who is nearly eighty years old. She could walk very little indeed, was very costive, and felt as if her bowels and back fell apart.

At once the Supporter helped her so as to enable her to walk all about, even half a mile at a time, and to church, &c.

She has almost renewed her age, and it does her good every day.

Yours truly,

HELEN M. LAY.

Mrs. LUCY A. BARTON, of Warren, Maine, says : I like your Supporter very much. I did more work the third day I wore it than I had done for a fortnight, and with less fatigue than usual.

I would not be without it on any account. It has done me more good than all the medicines I have ever taken. I am better of costiveness, and have not had one turn of diarrhoea since I put it on.

I feel as if I could not say enough to urge those who are afflicted as I have been to get one.

BUFFALO RUN, Centre Co., Pa., DR. S. FITCH—Dear Sir: Your kind letter was received in due time, and also the Supporter, which gives perfect satisfaction. It is just what I needed.

I put it right on, and have worn it ever since with comfort, and have found it to be of great benefit to me already.

Every delicate lady should have one. I am urging some of my lady friends to send for Supporters, and I think some of them will, for it is just what they need. I would not go without it.

I can walk and ride now with comfort, and without fear of anything hurting me.

Before I got the Supporter I would take such weak spells across the pit of my stomach that it would be impossible for

CONSUMPTION is perfectly curable, when it is treated in its first stages.

me to walk about sometimes at all, and not without stooping like some old person.

Since wearing the Supporter I have not had any of that feeling, and hope, in time, to be cured of my weakness by it.

I think it is a perfect instrument, and shall recommend it to all who are in need of a supporter, as no one need be afraid to send for it.

I will close with many thanks to you for your kind attention and advice.

Yours truly,

ANNIE HARTSOCK.

CORINTH, Alcorn Co., Miss., Feb. 26, 1871.—Dr. S. S. FITCH—Dear Sir: Yours of Nov. 4th, was received in due season, though your letter of Jan. 5th, never reached me until yesterday. I regret very much that my delay caused you the trouble of writing the second time. It was not the bill, or the want of confidence that caused my silence. At the time I wrote you I was in very low health, and before receiving an answer, I procured a bottle of your "Anti-bilious Mixture," which gave me great relief, and my health has been slowly improving ever since, for which reason I have not applied for remedies, though if I do not continue to improve, I shall apply to you.

Respectfully yours,

R. M. ADAMS.

Mr. R. M. Adams' wife also writes us, as follows, in the same letter with her husband:

DR. S. S. FITCH—Dear Sir: The confidence my husband has in you is based on the fact, that in 1859 you cured me of *Pulmonary Consumption*, after three years of suffering. I have never realized any symptoms of that horrible disease since you cured me. My gratitude is inexpressible, and shall only end with my life. May the Lord bless and

THE QUEEN'S TOILET IS FREE FROM POISON.

preserve you for the many blessings you have conferred upon suffering humanity.

Yours truly,

Mrs. S. J. ADAMS.

P. S.—My number was 29,877 B, when I was your patient—my name was Sarah J. Wolf.

MINNESKA, Wabasha Co., Minn., Sept. 29, 1870.—Some seventeen years since I was taken with lung disease, and to make a long story short you *cured* me after about one half of the upper part of the right lung was in a withered state.

Mrs. JULIA P. SMITH.

Mrs. WM. E. TRAVER, Armada, Macomb Co., Mich., Nov 8, 1870.—“I firmly believe that DR. FITCH’s ‘Pulmonary Balsam’ has *cured* me of consumption. I took fourteen bottles of it, and still keep it in the house.”

BELLEVUE, Eaton Co., Mich., Jan. 30, 1871.—DR. S. S. FITCH—Sir: I owe my life to your medicine, which I took seventeen years ago, when I was nearly dead with the *consumption*. I also bled from the lungs three days, which prostrated me to my bed six months. I procured your medicine, and to the astonishment of myself and friends, I *got well* in six months, after taking thirty-six dollars’ worth of your medicine! Please send me your ninety-page “Family Physician,” and oblige

JOHN B. ROSCOE.

JOHN MAKEMSON, of Pierceton, Kosciusko Co., Ind., writes as follows, in Nov., 1870: “You saved my life when I was near gone with rheumatism.”

SEE PAGES 65 TO 73,

PEORIA CITY, POLK Co., Iowa, March 15, 1870.—Dr. S. S. FITCH, 714 Broadway, New York. Much esteemed physician, I am desirous of obtaining your "Domestic Family Physician," believing it to be a "valuable gift." I feel it my duty to inform you that I have nearly, if not entirely recovered from all lameness and sciatic affection, for which I doctored with you in 1864, when other physicians failed to perfectly cure, or to give relief. Seven months after commencing to take your medicine and to adhere to your counsel, I was able by your skill, through the will of God, to attend school, and have taught and attended school mostly all the time since; am now teaching in Iowa. Should I again become afflicted with as difficult a disease, I shall soon apply to Dr. S. S. FITCH for a cure.

Very respectfully,

Miss KATE E. PERRY.

ARTEMUS BAKER, Beatrice, Gage Co., Neb., March 5, 1871.
—"Ten years ago I was near dying with the rheumatism; I heard of you, and sent for your advice; you sent me a book, and in that I found your recipe; I tried it thoroughly as you directed, and a *perfect cure* was the result! and I have never been troubled with the rheumatism since. I was unable to help or move myself in bed. I am thankful to you for my recovery."

J. N. MEDBERY, Lime Spring, Howard Co., Iowa, Jan. 18, 1869.—"I have used some of your 'Pulmonary Liniment,' and think there is nothing like it."

J. E. GAGE, Green Lake, Livingston Co., Mich., April, 1871.—"I have used your 'Heart Corrector,' and have received such benefit from the use of one bottle, that I recommend it to all like sufferers."

See Special Notice on page 120.

Miss IRENE E. ABBOTT, Stetson Penobscot Co., Me., Jan., 1870.—“Having used your ‘Pulmonary Liniment’ for several different complaints, such as sore throat, lame side and back, and finding it to do *more than it was recommended*, I shall safely send to you for three bottles of it.”

J. G. PATTEN, West Hampden, Me., April, 1871.—“I have used your medicines in my family for the last eighteen years, to the exclusion of all others. I find your ‘Biliary Corrector’ and Pills indispensable.”

Mrs. B. WRIGHT, Box 189, Oberlin, Ohio, Jan. 28, 1870.—“Having been greatly benefited by the use of your remedies, especially the ‘Biliary Corrector,’ which I have used nine years, for determination of blood to the head, and found it an efficacious remedy for that and many other ills, I feel bound to express gratitude that such a valuable relief for suffering humanity has been found.”

SMITH STRONG, Belfast, Alleghany Co., N. Y., April 13, 1869.—“Some few years since your remedies *saved the life* of my sister, no doubt; she was from Tomkins county, and resides there now, well and healthy, though for years before, previous to your valuable treatment, her life was despaired of.”

GODERICH, Ontario, Canada, April 15, 1872.—S. S. FITCH, M. D., 714 Broadway, N. Y.—My Dear Sir: I have suffered much for many years from biliousness, for which I could get nothing to relieve me. When suffering in this way I met with H. Mathers, Esq., who gave me a bottle of your “Biliary Corrector,” from which I derived almost immediate relief. To others afflicted in a similar way I gave the “Corrector,” until I have none left; will you oblige by

Not a moment should be lost in fighting Disease.

sending half a dozen bottles, as others wish it, having derived great benefit from its use.

I am engaged in teaching, which I suppose is the cause of the inactivity of the liver.

Yours very truly,

J. R. MILLER.

WESTMINSTER, MASS., Dec. 16, 1871.—Dr. S. S. FITCH—
Dear Sir: When I first called on you at your office, my health was very poor; I was suffering from a number of chronic difficulties of long standing; I had been under the care of six different physicians; after I had consulted you, I felt sure that I had at last found one who thoroughly understood my case, and, after I had given your medicines a trial, I felt equally sure they were just what I needed; I think they are excellent—all that you claim for them; I believe they have done for me all that medicine could do.

Gratefully yours,

J. A. SMITH.

MARTIN POST, of North Judson, Stark Co., Ind., says:

“Your Supporter Truss is the BEST that I have ever seen.”

We do not say that this instrument will radically cure every case in which it is used (no instrument maker can honestly claim more than this for any truss); but cases have occurred in our practice where Rupture, which had existed from birth, was permanently cured, after the patient was 21 years old.

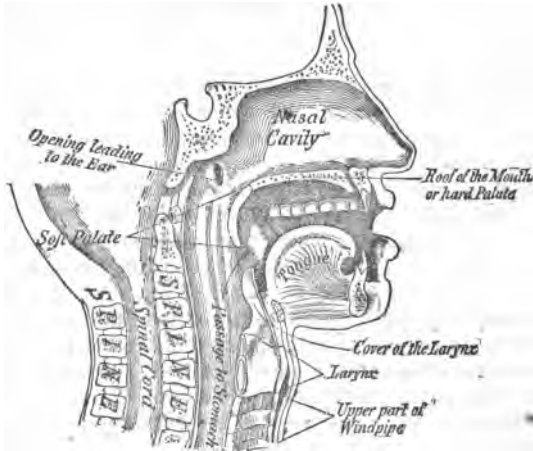
SPECIAL NOTICE.

Persons receiving a copy of this pamphlet will confer on us a great favor by showing it to the sick in their neighborhood; or if they will send us the names of such parties, we will send each one a copy on receipt of the price given on page 2.

We would like to receive the names of the best druggists in every town, especially those who advertise in the local papers.

THROAT AFFECTIONS.

In another part of this book some of the diseases of the throat and air passages have been described, and in order to enable our readers to fully understand the subject, we here give an illustration



of the human head and neck, as they appear when a section is made through the centre line of the body. It will be seen from the cut, how large a space the Nasal Cavity occupies. Here is the seat of Catarrh, the tube leading to the ear opens into the back of this cavity, and this is the reason why dullness of hearing and even deafness so often accompany Catarrh and Influenza. The back of the throat is a curtain of flesh known as the soft palate the centre of which is shaped like a little finger pointing downwards and called the uvula. The Larynx, where the voice is formed, is the doorway to the lungs, and when anything is swallowed a small valve closes the opening to it so as to prevent the food or drink from, "going down the wrong way." The windpipe or bronchial tube passes from the larynx to the lungs and immediately behind it is the passage to the stomach.

One of the most frequent troubles is a common sore throat. The mucous membrane of the throat is exceedingly susceptible to cold and overwork. The great majority of sore throats are

caused by breathing through the mouth instead of the nose, especially during sleep; when this occurs, the mouth and tongue become dry, the saliva is secreted in very small quantities, and the throat quickly gets to be parched and cracked. Sometimes only hoarseness results which soon passes off; in other cases the palate is very red, highly congested and puffy-looking; small ulcers appear in chronic cases, and tuberculous matter is discharged.

Among Clergymen, Lawyers and public men of all classes, those who are forced to read aloud or talk long, thus over-straining the throat, weakness and debility of the palate occurs; the mucous membrane is then of a pale rose color, showing lack of blood and strength; the pillars of the palate on either side are relaxed, and the uvula (the little finger-like piece of flesh in the centre of the palate) becomes very long, and hanging down the throat tickles the little valve that covers the top of the larynx or opening of the wind-pipe, causing a dry, tickling cough that resists all treatment, unless the true facts of the case are understood. Some persons have applied to us who had been treated as long as three or four years without effect. Judicious treatment will cure any of these cases in one or two weeks. Loud or long talking or reading must then be avoided to prevent a return of the trouble.

HUMOR OF THE THROAT.

In cases where there is humor in the blood, like Erysipelas, Salt Rheum etc., Patients feel generally better when the eruption appears on the surface; if from taking cold or from other causes the humor is driven in, it will often attack the throat, causing dangerous and often fatal congestions of the throat and wind-pipe. The mucous membrane becomes dropsical, and sometimes fills the larynx so as to render it necessary to cut a hole in the throat so as to reach the wind-pipe below the larynx. This is often done with very young children, who, of course, cannot gargle their own throat. A prolific cause of sore throats, influenza, croup, whooping cough and colds in general among young children, is exposure at night when asleep. As a rule, a baby's night-dress is simply a long loose robe, open at the neck and without sleeves; during the night the child will often pull up the

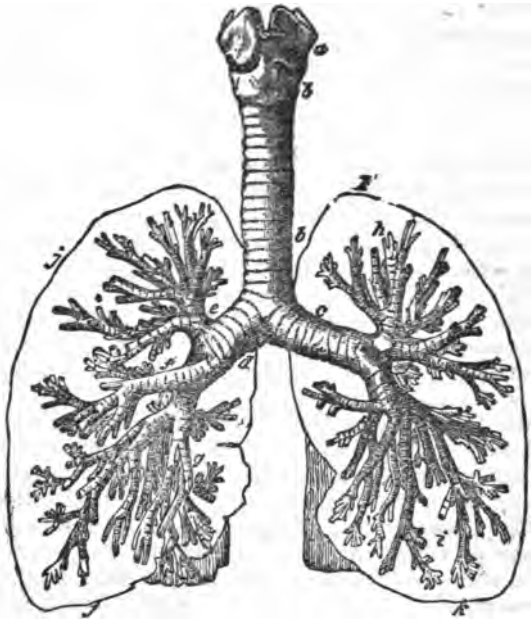
night-dress and expose the feet and legs; the parents look with pleasure at the pretty, plump arms and limbs, and the dimpled neck, and no doubt call the baby "a little cherub," but the young one catches a frightful cold, to the mother's great surprise, and unless promptly and carefully treated, becomes a cherub in earnest.

A child's night-dress should be made of cotton or linen, to be worn during the hot months, and of white flannel for the cool and cold season; the sleeves should reach to the wrists, and the throat should be covered to above the collar bones. The dress should not end in a skirt, but ought to be made like a pair of loose drawers—the dress open behind and fastened with tapes, not buttons. Made in this way it is all that is required as far as convenience, use and common sense is concerned; the baby does not catch cold, and the mother is saved a world of trouble and anxiety.

Where the throat is dry and parched powdered borax may be mixed with strained honey, a teaspoonful of this may be taken every half-hour and allowed to dissolve slowly in the mouth and pass down the throat. When the throat is pale and the muscles of the palate become relaxed, mild astringents must be used such as Chlorate of Potash, Alum, Galls, Oak Bark Tea, etc. The outside of the throat in all cases should have some stimulating liniment rubbed on it, such as the Pulmonary Liniment spoken of on page 66.

THE STRUCTURE OF THE LUNGS.

The engraving on the next page shows the arrangement of the Bronchial Tubes, or air-passages. The small letters indicating the various portions, as follows : a is the Larynx, or Voice-box; b. b. the Trachea, or Wind-pipe; c. the left Bronchial tube; d. the right Bronchial tube; e. f. and g. are the smaller divisions of this tube in the right Lung, marked j. j. H. i., are the divisions in the left Lung marked k. k. That is to say the mouth opens into the Larynx, as shown in the engraving on page 124. The Wind-pipe passes from the Larynx to the Lungs. About the centre of the chest it divides into two tubes, one to the right, and one to the left Lung. These two Bronchial Tubes again divide, sending off branches in all directions to all parts of the Lungs, and finally terminate in tiny cells.



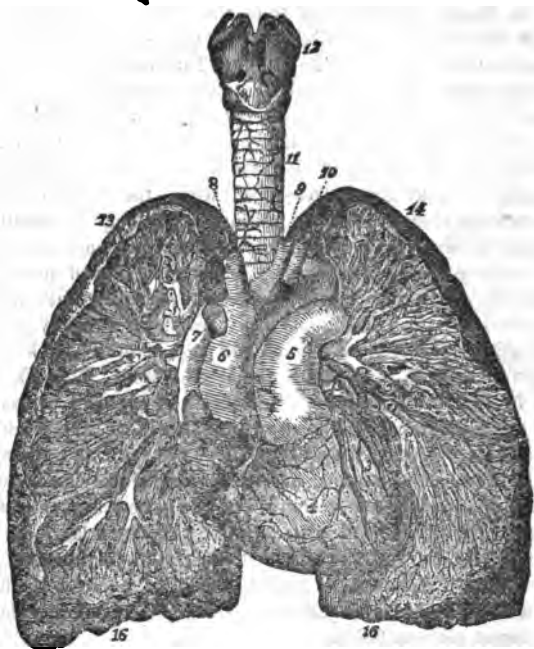
This arrangement of the air-tubes has been very aptly compared to a thick bunch of grapes; the Wind-pipe representing the stem; the right and left Bronchial tubes the large branches; and the small air-tubes the smaller branches and twigs—the tiny air-cells being represented by the grapes themselves.

The outside of these cells is covered by a fine net-work of delicate veins or capillaries; and the blood is sent to them directly from the heart, through the large Pulmonary vein. The blood is then carried back through the Pulmonary arteries to the heart—which acts like a powerful force pump, and drives the living blood throughout the body, giving strength and health to all parts, the blood returning to the heart through the veins to be sent again into the Lungs to be purified. The impure venous blood here gets rid of the poisonous carbonic acid present in it, and the arterial blood carries back to the body the life-giving oxygen gas.

To have good, healthy Lungs, long, full breaths of *pure air* must be taken; the best way to do this in order to expand and enlarge the chest—especially when it appears contracted, or naturally small, is to use the Inhaling Tube mentioned on page 73 of this book. The air is drawn into the lungs, freely, retained for an instant, and then passes out slowly. The mechanical action of the air in this way increases the capacity of the lungs by making the walls of the chest more flexible, and also enlarging the small air-cells themselves—even when the lungs contain large cavities, if the remaining portions of the lungs are healthy, they may be forced to do double duty. Some cases have occurred where large abscesses had formed in the substance of the lungs and discharged, either by the mouth or through the walls of the chest; and yet the patient has recovered and lived many years. The case of Mrs. Abby J. Hadley, on page 12 of this book, is a wonderful example of this, also the case of Mrs. L. C. Smith, on pages 74 and 75. Sometimes small pieces of nut-shell, or wood, or of dry leaf or husk will be drawn into the lungs, and produce such a state of irritation that the patient will show all the symptoms of rapid consumption; but when this little foreign body is coughed up, or otherwise gotten rid of, the patient as a rule, will recover as rapidly as he at first declined, although a large cavity may be left in the lungs. The next illustration is intended to represent the relation of the heart to the lungs, and also the fine structure of the lungs themselves. The numbers marked show the different parts as follows :

1. left auricle of the heart; 2. right auricle; 3. left ventricle;
4. right ventricle; 5. Pulmonary artery; 6. the Aorta, the largest artery in the body; 7. superior Vena Cava; 8. Inominata; (this branch passes up to supply the right side of the head and neck, and the right arm;)
9. left primitive carotid; 10. left subclavian; (these supply the left, as number 8 does the right;)
- 11 and 12. upper rings of wind-pipe and cartilages of the larynx; 13. upper lobe of right lung; (in a large proportion of cases consumption first makes its appearance at this point.)
14. Upper lobe of left lung; 15. right Pulmonary artery; 16 and 16. lower lobes of lungs.

In order to allow the lungs free and perfect play in the chest, there is a membranous sac, one side of which is fastened to the inner wall of the chest, and the other to the surface of the lungs,



The inside of this sac secretes a fluid which always keeps it smooth and moist, and allows the two inner surfaces of the sac to glide over each other so that a greater amount of play is given. When cold is taken, and settles on this sac, this fluid is sometimes secreted in enormous quantities, filling up this sac and compressing the lungs. Sometimes the lung itself is nearly if not entirely destroyed; the other lung remaining healthy.

This form of disease of the lung is known as Pleurisy. When this mass of fluid passes away—as it does in time—the lung remains compressed, and the chest on the affected side becomes flattened; the substance of the lung itself is attacked with inflammation which is called Pneumonia—this will also destroy a portion of the lung. Sometimes both these forms of disease of the

lungs are present. The "Pulmonary Liniment" will be found of all others the most valuable application to the chest in these cases. The great breathing muscle of the body, the Diaphragm, or floor of the lungs, is situated immediately under the lungs and heart, and directly over the stomach, liver, and the large intestine. When there is wind in the stomach or bowels so that they become distended, they press the Diaphragm upwards against the heart and lungs, producing distressing and suffocating feelings, accompanied with pain.

When falling of the bowels occurs, there is sometimes a slight cough, and the dragging down causes pain in the small of the back, and between the shoulders. In such cases the Abdominal Supporter should be used. Patients often imagine that the pain accompanying the cough indicates consumption, but the cough is generally a Bronchial one.



FULL CHEST.



CONSUMPTIVE CHEST.

The chest itself is a flexible box, the walls of which are formed by the ribs. The spine, and the breast-bone, afford attachment to the ribs. The breast-bone is at first nothing but a piece of

cartilage, divided into three sections, and it does not grow together solid until middle age. A child should never be pressed upon by clothing, as it tends to destroy the shape of the chest in a good many ways. The collar bones are in front and above the first rib, passing from the breast bone along the front of the chest, and helping to hold the arm in place. Behind is the shoulder blade. The collar bone and the shoulder blade come together at the point of the shoulder and form the socket for the arm bone—and have really nothing whatever to do with the chest—while a person is growing, however, if they do not pay attention to the position of the arms while walking, sitting or lying down, the arms are very liable to be thrown into a bad position, and deform the chest by their weight. When a person stands perfectly erect, or sits upright, the shoulders are evenly set on the chest, and exert no pressure; but when a person stoops, the weight of the arms is at once shifted forwards upon the chest. The pieces of cartilage which join the ribs to the breast bone are thus prevented from attaining their proper growth. The ribs, also, from this constrained position, grow in a sharp curve, instead of a rounding one. The result is the chest becomes flattened, and the bones, instead of being a protection to the lungs and heart, press upon them and reduce their vitality. Children who are sent to school at an early age, and forced to remain in the school-room from nine o'clock in the morning until one or two in the afternoon, are obliged during that time to sit at least two or three hours, scarcely changing their position. The desk is generally lower than it should be, and this little growing body is bent over, the arms weighing down the chest, and the head doing its best to make the neck crooked. The child often in leaning forward presses the chest against the desk, and prevents its proper development. A flat-chested person may be healthy all his life, but is more liable to be consumptive. A real healthy chest is rounded in front from above downwards, and from side to side; the thickness through from front to back being from six to seven-eighths of the thickness through from side to side. A healthy chest is flexible—that is it expands fully and freely every time the breath is drawn in. A poor chest scarcely moves in drawing in the air, but the inspiration is made by the muscles of the abdomen. If a child is allowed free use of

its lungs, the chest will naturally expand freely all over, and the child will become hearty and strong. Very broad-shouldered men and women, and some who are large round the chest, really have very small lungs. In the comparison of two cases recorded, the first a man of 25, weighing 160 pounds, 38 inches round the chest, 5 feet 10 inches in height, and about 19½ inches across the shoulders; the second a man aged 26, 5 feet 9½ inches in height, 33½ inches around the chest, weight 125 pounds, 17 inches across the shoulders; there was a difference in favor of the smaller chest, as far as flexibility and lung power was concerned, of thirty cubic inches. The larger man had heavy chest muscles, and large shoulder blades, which gave the chest an *appearance* of size, both across the shoulders, and around the chest itself. The smaller man was lean and wiry—the chest very flexible, he having been in the habit of daily expanding his chest by long full breaths. The larger man was one of the finest figures in a gymnasium class of more than a hundred. He was attacked with a cough, and died of consumption in less than a year. Yet, at his age, the lungs had not ceased to grow, and the chest could easily have been forced to expand. The case of John C. Heenan, is a very good illustration of this. With a figure unrivalled among men of his class, he was alike respected and feared by them. He fought several prize fights, and no one would have imagined that he would have died of consumption—but that was the fate in store for him—while he was still in the prime of life. School desks for children should vary in height according to the size of the child—so that the top of the desk should be on a level with the pupil's armpits—so that when the child *did* lean his elbows on the desk he would be forced to hold his arms high—thus lifting the weight from the chest. In sleeping, a good position for a young, growing person, is to sleep on the back, on a hard bed, with the head but slightly raised, and the arms placed upwards, so that the hands are above the head. In this way the chest muscles lift up the ribs, and mechanically enlarge the chest. When the chest is at all delicate, or the child inclined, from weakness of the muscles of the chest, to stoop, a well-fitting Shoulder Brace should be worn. (See page 72 of this book.) Not all the time—but say five or six hours per day. A habit of taking long breaths should be encouraged, and every morning

the chest should be bathed with cold water. Wring a sponge out of cold water, and wash the chest, back and throat freely—a little salt may be added to the water, which makes it a little more strengthening. Then rub briskly with a coarse dry towel until the skin is in a glow. By keeping up this practice for a year or so during early life, the chest becomes stronger, the person is not so liable to take cold, and it is almost a sure preventive of Consumption.

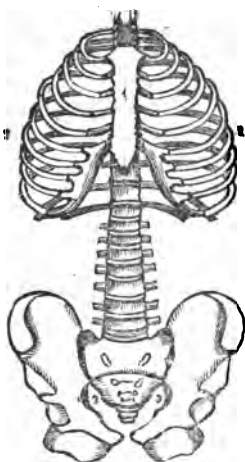
WHAT TO DO IN CASE OF COLDS.

A slight cold should never be neglected, but should be attacked at once, vigorously, and gotten rid of before another cold comes round. To do this, take, on going to bed or at bed time, two tablespoonfuls of the Pulmonary Balsam, Pulmonary Expectorant, or the Cherry Pulmonic (either will answer), in two-thirds of a tumbler of hot water, sweetened if preferred; drink it as hot as you can; immediately get into bed and cover up warm. Before taking the medicine as above, put the feet into hot water for ten or fifteen minutes; wipe them dry and rub them well.

If the feet are still at all cold, put to them, in bed, a bottle of hot water. Take also with the above warm dose a double dose of Anti-Bilious Mixture. If, in consequence of the cold, there is increased cough, or soreness, or pain, or stricture, or irritation about the chest or throat, rub the chest freely with the Pulmonary Liniment before going to bed, then put on a cloth wet in the Pain Soother over the whole chest and throat, and over this two or three thicknesses of dry cloth.

If there is great irritation or pain, put on, instead of the Pain Soother, a bag of hops, dipped in hot water, pressing out the water so that it will not drip; over this put the dry clothes. In the morning, after this treatment, bathe the chest and neck in water with the chill taken off, and rub them smartly with a flannel cloth until the skin is in a glow; also rub the whole person in the same manner. Repeat this treatment until the cold is broken up.

The exact form of the chest itself is shown by the engraving on next page. The spine supports the weight of the head, the weight of the chest and of the arms, and terminating in the pelvis—or basket of the Hips—the entire trunk is supported on the lower extremities. It will be seen that the chest is shaped like a sugar



loaf. Consumption occurs more often among women, and is most likely to first attack the upper part of the lungs, directly under the collar-bones. The upper part of a man's chest is more protected by his clothing, while a woman's chest is more exposed at the weakest point. A woman's chest is also narrowed below—by the tightness of her clothing. This, in many cases, not only destroys the natural outline of the chest but presses on the liver and stomach, making them liable to disease, and producing falling of the bowels. The natural point of support for all clothing, for both men and women, is directly from the shoulders—and not from the hips and

the waist. One of the most prolific causes of consumption is a humor in the blood. In examining many cases of consumption and other diseases the patients will say that in early life they were subject to a little "breaking out"—as they often call it, sometimes they had Erysipelas, or Salt Rheum; sometimes merely a little Rash on the skin, but they seem to place no importance on this symptom, saying they have been quite well of that for a number of years—but during those years they have suffered from either Dyspepsia, Liver Complaint, Kidney troubles, Costiveness, and obstinate Bronchial or Catarrhal affection; and even Heart Disease, or Consumption; and they do not seem to think that the humor present in the blood, and which showed itself on the surface in their early life, has anything to do with their present symptoms—and yet, to illustrate the truth of this proposition, if a person has an eruption on the skin as a rule the disturbance of the internal organs will cease to a greater or less extent—on the other hand if an extended eruption is present, like the measles, and it "strikes in," the patient's life is at once in danger. If the Small Pox eruption fails to show itself at the proper time there may be dangerous internal trouble. Nature provides certain outlets for dead and waste matter, and diseased

particles—the Lungs, the Bowels, the Kidneys, and the Skin, alike work to carry off this useless matter. Sometimes Nature makes a bold breach through the walls of the body to carry off some specially unnatural load. An ulcer forms on the surface or there is violent flux from the Bowels, or the Lungs clogged with poisonous matter break up and are destroyed in their efforts to relieve the sorely afflicted body. When Cancer first occurs persons appear in excellent health, and no one is more surprised than themselves when they are told of their condition. Their appetite, their strength, their natural functions, are all unimpaired. The complexion especially among ladies is sometimes absolutely brilliant in its softness and delicacy. Now in these cases of disease of the principal organs of the body, humor in the blood may nearly always be suspected, and in the majority of cases can be absolutely traced. Who shall we call on to remove this litter and rubbish from the house we dwell in, but our four faithful servants, faithful as long as we pay them honest wages, and their names are, the Lungs, the Kidneys, the Bowels, and the Skin. Their wages are, for the Lungs pure air, and moderate exercise, for the Kidneys and the Bowels, the avoidance of excess in eating and drinking, and for the Skin, pure water. Their great master, the Brain, becomes rich and powerful by their faithful attendance. Life is rendered enjoyable, Disease driven away, and old age becomes merely a mature youth. Nature, when in pain, speaks at first for help, with small but powerful voice, and for the aid of the true physician who has confidence in himself and full knowledge of when and how to use medicine, but Nature, neglected, leagues herself with Death, and remorselessly punishes those who have not listened to her warnings!

A Word of Advice and Warning to Patients under Treatment.

One of the most troublesome things that a physician has to contend against is the generally well-meant—but foolish—advice of friends, relatives and neighbors, each and all of whom have some special hobby of their own in regard to disease and its treatment. A sick man, or woman, becomes acquainted with a person who has been cured of troubles similar to their own, and

they learn the name of the doctor who attended them. The sick person may have been troubled for a dozen years,—spent hundreds of dollars, and taken quarts of medicine with little or no effect. They, however, muster up courage to go and see the new doctor, and they find him to be a gentleman of fine intelligence, and one well versed in his particular branch. Upon examination he tells them candidly what their trouble is, and their chances of recovery, but tells them most particularly that, as, the disease has grown with them for years and years, it will require all their personal efforts, besides the aid which he gives them in order to effect a cure—and above all, that they must follow his advice to the letter, and use the medicines only as directed, requesting them at the same time to call as often as he may deem necessary. The patient goes home, and for the first few days he pays attention to his medicine as carefully as a boy attends to his new watch. He feels a trifle better, sees his doctor, and is told to continue;—but the idea forms in his mind that if a little has done good—a little more would do a little more good,—so he increases the doses,—and probably runs out of some one kind of the medicine,—but doesn't think it worth while to go to the doctor and have it renewed. At the end of the second week, he has gained nothing at all, and grows discouraged. However he tells the doctor he is using the medicines faithfully according to directions; and it surprises the doctor to see so small a change. In this state of mind the patient goes home, and is advised by a friend to use a very celebrated remedy—although the friend may not know anything at all of the conditions of the case. Getting worse, he abandons the doctor, and takes what he calls a few simple recipes of his own,—thus making still stronger about him the bonds of disease;—growing weaker, he consults another physician,—to go through the same performance,—wasting his money, and throwing away his chances of recovery just by his own thoughtlessness, and adding another verification of the old saying—that a “man who doctors himself has a fool for a patient.”

How can a man by the simple reading of one or two medical works attain to a skillful knowledge of his own case, and be able to treat it better than the man who has made it a profession, and devoted years of his life to that subject alone?

The Editor of the “Danbury, (Conn.) News,” one of the most spicy little papers published in the New England States, gives a very laughable account of one of this kind of people, which we republish for the benefit of those of our readers who have not yet seen it.

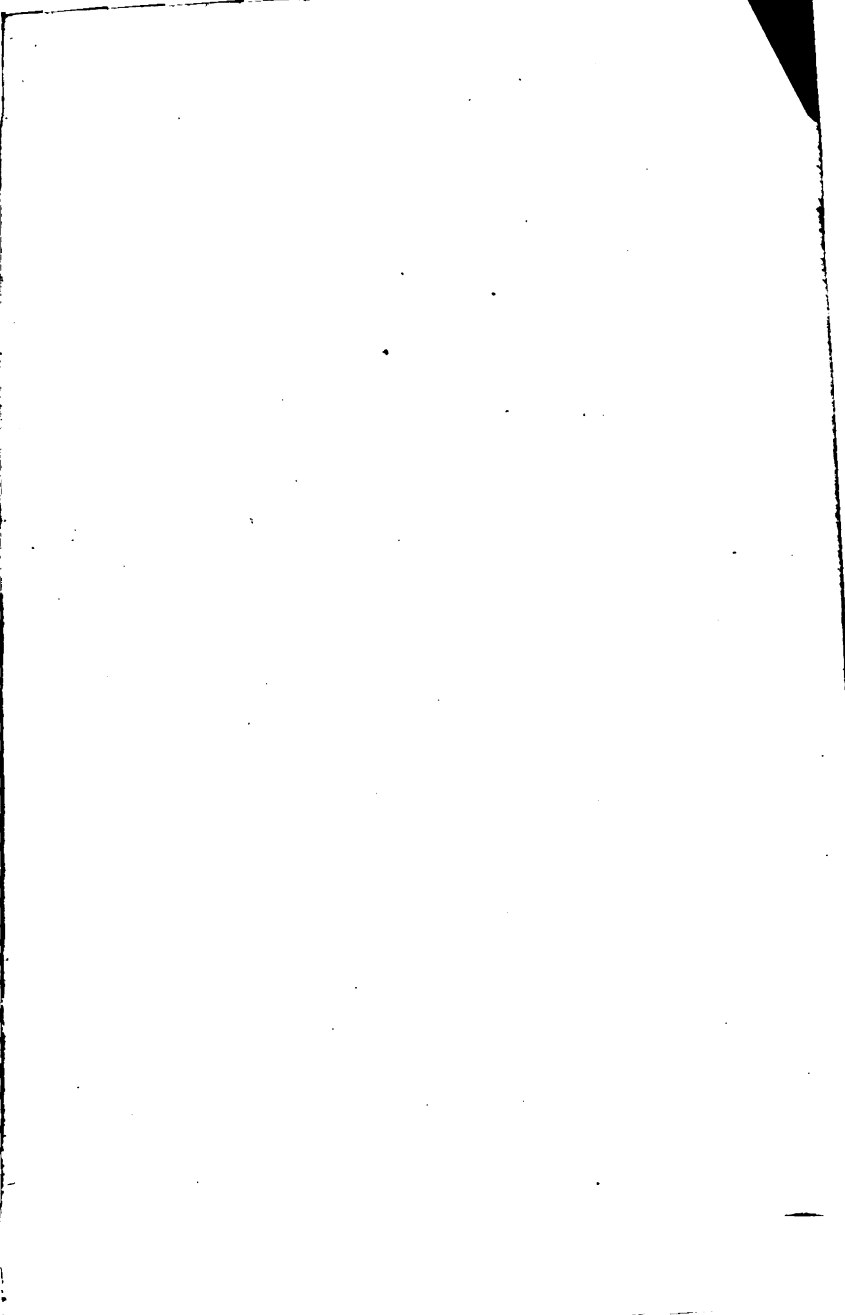
“HOW TO CURE A COLD.”

“One of our citizens who has been troubled with a severe cold on the lungs, effected his recovery in the following simple manner;

He boiled a little boneset and hoarhound together, and drank freely of the tea before going to bed. The next day he took five pills, put one kind of plaster on his breast, another under his arms, and still another on his back. Under advice from an experienced old lady he took all these off with an oyster knife in the afternoon, and slapped on a mustard plaster instead. His mother put some onion drafts on his feet, and gave him a lump of tar to swallow. Then he put some hot bricks to his feet, and went to bed. Next morning another old lady came in with a bottle of goose oil, and gave him a dose of it on a quill, and an aunt arrived about the same time from Bethel, with a bundle of sweet fern which she made into a tea, and gave him every half hour until noon, when he took a big dose of salts. After dinner his wife who had seen a fine old lady of great experience in doctoring, on Franklin street, gave him two pills of her make, about the size of an English walnut, and of a similar shape, and two table-spoonfuls of home-made balsam to keep them down. Then he took a half-pint of hot rum at the suggestion of an old sea captain in the next house, and steamed his legs with an alcohol bath. At this crisis two of the neighbors arrived, who saw at once that his blood was out of order, and gave him a half gallon of spearmint tea, and a big dose of castor oil. Before going to bed he took eight of a new kind of pill, wrapped about his neck a flannel, soaked in hot vinegar and salt, and had feathers burnt on a shovel in his room. He is now thoroughly cured and full of gratitude. We advise our readers to cut this out and keep it where it can be readily found when danger threatens."

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